

MIDDLE EAST'S OUTDOOR, ADVENTURE, TRAVEL & LIFESTYLE MAGAZINE

OUTDOORUAE

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URBAN-ULTRA EXTREME 3

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VOL. 5, NO. 2
February 2015

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DUBAIRZRTEAM



DUBAIRZR

EDITORIAL

WHERE HAS THE WINTER GONE?

Already the second month of the year, and the shortest. Thankfully the weather will warm up a bit soon and we will be back to crazy temperatures and heat.

Hopefully a lot has happened over the last few months for you. Emirates residents have enjoyed perfect weather to get out to the mountains, deserts and the coast. OutdoorUAE staff have definitely been out exploring, maybe you've seen us. Feel free to tag us in any posts.

The race scene for virtually every outdoor activity in the UAE has just exploded. There are all sorts and so many each weekend that we can't keep pace. There are obstacle courses, road races, cycling, swimming and then combinations of all of them. So what is upcoming for February? OutdoorArabia has been officially



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launched. We felt the time was right for everybody to have their own adventure. Check out the Stairway to Heaven feature in this issue. One of our groups having fun. We have many hikes and adventures to choose from. I'm heading up the regional trips and international expeditions so book quickly if you want to join a hike. April and May, I will be on Everest and OutdoorUAE will be following the expedition.

But before I go, I will be giving a presentation about previous high altitude adventures and it's your chance to ask questions about UAE adventures. Check the website for details and how to get a ticket. We have partnered with Fitness First to provide this fantastic opportunity.

Our focus, as ever, is on outdoor activities in the region so if you have something fantastic that you want us to cover, send us an invite. Our lineup of contributors has strengthened a lot with a few new additions. Informative and entertaining contributions from Ivana Chiles, our health and natural expert, Cindy Stadelmann, equestrian expert and Dan Wright who will focus on natural history aspects of the region, all help to promote and hopefully conserve the environment that we live in and love spending time in.

To finish, if you haven't yet followed up on your promises for this year, do it now. Grab a tent, drive to the mountains and spend a night under the stars watching the flames leap into the night.

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**WHEN YOU'RE
DONE READING,
PLEASE RECYCLE!**

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BEST SHOTS



THE ORIGINAL
MULTIFUNCTIONAL
HEADWEAR

Here are the best shots sent in by you for the monthly "Want Fame?" photography competition! Thank you for all your entries, they were all great and it was hard selecting the best photos this month. Congratulations to the top three winners, who will each receive Buff headwear, five free copies of the magazine and the Advance Off-road book: **Clint Boyd, Jayson Rosos** and **Ashraf Hamdan**. Well done!

To submit your entries, simply email us at **competitions@outdooruae.com** with the subject "Best Shots."



Clint Boyd
In the dunes, slightly stuck.



Ashraf Hamdan
Camping under a blue dome of stars in Sweihan desert.



Jayson Rosos
Tomas Campos and his handplant style at Bay Avenue Skatepark.

EVENTS CALENDAR

Stay up-to-date with the latest events

A taste of adventure

Where : Fitness First,
Meadows SPORTZONE

When : Tuesday, 10th February
2015, 7:30pm

Price : Free of charge

Sean James shares stories and pictures from his high-altitude expeditions

Join OutdoorArabia and Fitness First for an evening of adventure, stunning pictures and some sound advice on how to get the best of the outdoors. Sean James has led high-altitude mountain expeditions to all corners of the planet. To the most dangerous and beautiful mountains in the world. He has taken clients into the Death Zone and returned. He now brings his tales from over 8000m to Dubai.

To register for the event, please go to outdoorarabia.com/registration. The first 50 guests registering to the event will receive an OutdoorUAE goody bag each worth more than 100 AED.



Hatta MTB Endurance Challenge

February 13, 10:00 a.m., Hatta MTB Trail Centre

The premier mountain bike event of the 2015 calendar. A six-hour endurance race around the Hatta MTB Trail Centre trails, race solo or as a team of two. Complete as many laps as possible in the time period, all the laps started before the six-hour time limit must be then completed. It's going to be fun day out for racers and spectators alike, with lots to do for all the family in the beautiful setting of the Hatta Hajar mountains.



For more information, visit www.supersportsdubai.com.

Polaris Camp RZR UAE 2015

**February 6 to 7, 12:00 p.m. (Friday)
and 8:00 a.m. (Saturday)**

The Camp RZR returns to the UAE, the number one international RZR market, for another action-packed weekend of demo rides, vehicle displays, Camp RZR challenges, show and shine competition, traditional desert BBQ, bonfire and entertainment. GPS coordinates: 24° 59' 27.73" 55° 31' 46.06".



For more information, visit Polaris.NomadUAE.com and www.facebook.com/dubairzr.

UAE Biathle Challenge 2014

February 14, 7:00 a.m., Le Meridien Mina Seyahi, Dubai

The Biathle race begins with a pack start of runners who complete one-half of the total running distance before entering a 50m transition area. Athletes then dive into the water and swim the required swimming distance before exiting the water, putting on their shoes and running the second leg of the run to the finish line.



For more information, visit www.supersportsdubai.com and www.premieronline.com.

Dubai tour goes before the Camp RZR

February 4 to 7, Dubai International Marine Club, Mina Seyahi

In partnership with RCS Sports and the Dubai Sports Council, Dubai Tour is a professional cycle race and spans over four days and four different stages and settings covering iconic locations in Dubai. The first stage takes riders on a 145km ride through to the Union House Flag. The second stage sees cyclists race to Atlantis, The Palm for 185km. The third stage is the longest stage, 205km and challenges cyclists all the way to the Hatta Dam. The final stage of Dubai Tour gets cyclists to pedal up to the Burj Khalifa at a 128km distance. The event will host 16 teams of eight riders each with some changes to the course. This time around there will be no time trial stage while a hill climb finish has been added and the total distance raced increases by 60%, from 418km in 2014 to 663km this year.



For more information, visit dubaitour.com.

Emirates Palace Stand Up Paddle Festival

February 14, 9:00 a.m., Abu Dhabi

The Emirates Palace SUP Festival is back! Fun for the entire family, regardless of your SUP level. Individual SUP races in the morning, team relays at lunch and will finish up with a Naish One N1SCO event in the afternoon. If you do not have a board, there will be boards available to use for the 500m beginner race and the Naish One N1SCO race.



For more information, visit www.abudhabisup.com and www.premieronline.com.

EVENTS CALENDAR

Musandam Adventure Race 2015

February 20, 5:00 a.m., Khasab, Oman

The Musandam Adventure Race is a serious undertaking and, for those choosing to do the Full Monty, it is probably the toughest one day event of this nature in the region. Starting from Khor Najd, this is going to be another epic kayak, foot and bike race.

For more information, visit www.premieronline.com or contact alex@adventure.ae.



Reebok Spartan Race Presented by X-Dubai

February 20, 7:00 a.m., Jebel Ali Racecourse

With over two million competitors across 21 countries and self-titled as the world's best obstacle course, The Spartan Race comes to the UAE to find the Spartan warriors amongst average citizens. There are three different levels of challenges, however this time Dubai will experience only the Spartan Sprint, a 5km run with over 15 obstacles to overcome. These obstacles include multiple terrains and a number of other physically challenging hurdles. There will also be a Junior Race for 4-15 year olds.

For more information, visit spartanrace.ae.



Xplore UAE

February 20, 7:30 a.m., Ras Al Khaimah

Xplore UAE VII presented by Arabian Automobiles and ENOC is a unique annual community event that brings together thrill-seekers and adventurers for a whole day of fun. Participants will enjoy various experiences of desert/valley off-roading and a spectacular entertainment with an overnight stay at the five-star Rixos Bab Al Bahar Resort in Ras Al Khaimah. All proceeds will go to charity.

For more information, visit www.premieronline.com or contact xploreuae@awroostamani.com.



TriYAS by Activelife Daman 2015

February 20, 2:00 p.m., Yas Marina Circuit, Abu Dhabi

The region's only day to night triathlon is coming to Yas Marina Circuit for the fifth consecutive year. TriYAS is open to everyone with the emphasis on setting personal targets and achieving them whether you are a first timer or a seasoned veteran. Swim the Yas Marina, transition the Grand Prix pits, Cycle the 5.5km track and run through the Yas Marina as you achieve your goal.

For more information, visit www.yasmarinacircuit.com and www.premieronline.com.

Urban-Ultra Vantage Big Stinker

February 27, 7:00 a.m., Ras Al Khaimah

Are you ready for a bit of a climb? Choose from a 12km, 24km or 36km distance. The Vantage Big Stinker is run up and over a beautiful mountain (540m) ascent and descent per 12km loop. Camp with us on Thursday night on top of the mountain or drive up on the morning and run one, two or three loops of the well marked course. No GPS required!

For more information, visit www.urbanultra.com and www.premieronline.com.



Abu Dhabi Swimming Festival 2015

February 28, 8:00 a.m., Emirates Palace, Abu Dhabi

This is a mass-participation swimming event for the entire community. Sponsored by Activelife by Daman, it aims to attract amateur swimmers from across the UAE in a bid to increase fitness across society and raise awareness of safety in the water. Organised by Professional Sports Group in partnership with the Abu Dhabi Sports Council the Abu Dhabi Swimming Festival will be held at Emirates Palace and offers something for everyone.

For more information, visit www.swimabudhabi.com and www.premieronline.com.



This is just a selection of the events taking place this month, for more upcoming events visit: www.outdooruae.com/event

RUN CLUBS

WHETHER IF IT'S FOR SERIOUS COACHING, PEER MOTIVATION OR JUST SOCIAL FUN, POUNDING THE PAVEMENT AND HITTING THE TRAILS BECOMES EASIER WITH FRIENDS RUNNING NEXT TO YOU. HERE ARE SOME LOCAL RUNNING CLUBS IN OUR AREA:

Abu Dhabi
Striders

ABU DHABI STRIDERS

Abu Dhabi Striders, established in 1984, has been running continuously since 1992, 52 weeks a year throughout the winter and summer months. Abu Dhabi Striders is a non-profit voluntary club welcoming all runners of all abilities who share a common goal to improve their fitness and live a happier, healthier lifestyle. The Striders support the Special Care Center as our charity. Throughout the running season we host 5km

and 10km runs, a half marathon and also a cross country event, as well as assisting other organisations in creating and running events across the wider Abu Dhabi community. Proceeds from each race are donated to charity.

JOIN THE CLUB!

It's free. Just show up to any training sessions listed at www.abudhabistridders.com/weekly

Contact person: Daniel Hughes

Email: daniel@abudhabistridders.com

Telephone number: +971 50 1094055



Website: abudhabistridders.com and www.facebook.com/abudhabistridders
Twitter: @AbuDhabiStrider



ABRAS AC

We are a non-profit making club, and all membership fees are put back into improving the club. We have senior squad as well as a junior squad coached by qualified UK and Australia athletics certified coaches. Our official training nights are Mondays and Wednesday at 6:30 p.m., however the junior squad only trains on Monday evenings.

ABRaS AC focuses on middle to long distance running. The structured schedules are planned around the UAE athletics calendar and spring marathons in Europe. We try to provide the best possible training to suit our members, to improve fitness levels, and prepare for races whilst adding fun and variety in a safe environment. The training involves grass, track and road running.

JOIN THE CLUB!

ABRaS AC offers three complimentary sessions, before we ask you to officially join. Joining fee is 400 AED yearly, which includes 52 weeks of customised training and a technical fabric ABRaS vest. To try out,



all you need to do is email the duty runner on the email below.

Email: info@abrasac.org

Website: www.abrasac.org



DOHA BAY RUNNING CLUB

DBRC is a friendly, informal running group in Qatar. The club was formed in October 2009 when a few like-minded runners

happened to meet each other while training on Doha's famous Corniche. We welcome runners based in Qatar, or about to move to the country, of all abilities who want to train in a fun and friendly atmosphere. Most of us train for long distance races, but there are plenty of shorter course runners too. New runners are also most welcome. Club runs are held every Friday, meeting at 5:30 a.m. at Qatar Sports Club car park, in front of 1882 coffee shop.

JOIN THE CLUB!

Visit the website and follow the link provided below.

Email: Please use the "Contact Us" link on club website

Website: www.dohabayrunningclub.com and www.facebook.com/groups/dohabay-runningclub



DUBAI ROAD RUNNERS

Founded in 1989, the Dubai Road Runners are the oldest running club in Dubai. We offer training for people of any age and abilities. We meet five times a week at various venues in Dubai for different sorts of training throughout the year. Our predictor run on the beach track on Saturday evenings is particularly suitable for beginners and children. Participants can choose to run either 2.5km or 5km. Our short and long intervals session in Barsha Park on Sundays and Tuesdays are designed to improve your 5/10km and half/full marathon time.

Furthermore we offer long slow distance training on Fridays and Saturdays in Emirates Hills and on the Beach Track. On those days, we cover 15km to 35km. The long runs and the interval session will be divided into pace groups according to abilities so that slower and faster runners will benefit from the session. Furthermore, Dubai Road Runners organise three races per year: the Iftar Challenge is a 5km race in September, usually the curtain opener to the Dubai running season. We have another 5km race in December and a 10km race in March. All events are being held at Dubai Autodrome. As there is no formal membership, people can just show up to one of the sessions and we will accommodate you. Our sessions often consist of runners with ages ranging between 20-60, with 10 or more nationalities present. The camaraderie among the DRR runners is great.



JOIN THE CLUB!

Just show up to one of the training sessions, subscribe to the free weekly newsletter to learn where we meet and what the sessions will be.

Contact person: Graham Rafferty

Email: admin@dubairoadrunners.com

Website: www.dubairoadrunners.com and www.facebook.com/groups/2259026394/



QATAR HASH HOUSE HARRIERS (QH3)

Hashing is a worldwide phenomenon with about 4,000 clubs, which operates pretty much along the same lines wherever you are. It was started by military personnel "marooned" in Malaysia in 1938.

They used to run from a local restaurant called the Hash House in Selangor. Based loosely on a paper chase or Hare & Hounds,

a trail is laid by the "hares" for the pack of "hounds" to follow. We trail around local desert areas for about 6km every Monday night and the odd Friday afternoon. Hash is not competitive, nonreligious and non-political. Oh, and there are no rules. Folks from all walks of life join in a fun run event and get to enjoy some food and banter after the run, often round a campfire at this time of year. By tradition, in due course, everyone is awarded their own hash name and that's the name we all know each other by, on the runs and sometimes socially. We meet on Monday nights at about 5:00 p.m. depending on the length of daylight hours.

JOIN THE CLUB!

Contact us, as per the details below, and



once you have been to a run or two and decided hashing is for you, your name will be put on a mailing list and you will receive the map and timings for the next weeks' run.

Contact person: David Stanton

(aka The Reverend Leroy)

Email: stanotec@hotmail.com

Mobile: 00974 33115420



SALOMON CITYTRAIL

Tired of pounding the pavement? Explore CITYTRAILS around you developed by Salomon guides that help bring the exploration and excitement of trail running to an urban environment. Discover new spots and most importantly, new ways to experience your city through running.

Guide past historical points, down hidden paths and to stunning view points. Stairs, ascents and descents make the loop even more fun, helping to break your routine and enjoy running in your city!

JOIN THE CLUB!

There is no signing up. You can just check the webpage or the app and meet up for the community runs planned.

Contact person: Jacob Westergaard

Email: Jacob@niktrading.com

Website: citytrail.salomonrunning.com/en and www.facebook.com/OutdoorAdventureME



Twitter: twitter.com/salomonsports

Youtube: www.youtube.com/user/officialsalomon?feature=CEAQwRs%3D



THE MIRDIF MILERS

This run club was formed in 2003 by a small group of runners who lived in Mirdif and ran around Mirdif roads 10km on a Monday night. The club grew and by 2008, 23 runners ran the Dubai Marathon. The Milers were known for their marathon training and long distance running with 10 runners taking part in each trip to Istanbul, Munich and Athens marathons as well as completing in the Comrades and Two Oceans South Africa.

With members increasing and traffic issues in 2011 the Milers moved their Monday night runs to a new location in Mushrif Park just outside Mirdif. We run two laps on traffic-free 5km cycle track on hilly outer loop of the park giving a 10km run. Wednesday is our speed night, again traffic-free, at Mizhar park (just past Mushrif Park) on a purpose built 3km track with 50m mark points on the sponge running track. Saturday is our long runs (half marathon and full marathon training plans) where we run from 21km to 35km in virtually traffic-free roads in Khawaneej, where you will see camels, giraffes, goats and beautiful sunrises.

For the last eight years in November we hold our 10 mile race, The Donut 10 in Mushrif Park. The last three years have sold out with 450 runners taking part each year. We welcome all types of runners whatever



your running ability. All details and maps of where we run can be found on the website.

JOIN THE CLUB!

Just turn up on a Monday night and say hello, or drop us an email.

Contact person: Malcolm, Chris or Martin

Email: info@mirdifmilers.info

Website: www.mirdifmilers.info and www.facebook.com/groups/107991678486



TriDubai is a triathlon club founded to serve triathletes of all abilities in Dubai and to help grow the sport in the UAE. The club supports triathletes of all abilities, from complete beginners to world-class athletes; for those training for sprint distance to Ironman races as well as those just training for the love of it).

TriDubai welcomes new members. We want to encourage anyone who is keen to

try triathlon – even if you have never done anything like it before. Our ethos is one of inclusivity and enjoyment – we want to help people get the most out of the sport, but have lots of fun in the process. There are no membership fees. You have to simply want to be part of the club. We get together for training sessions across all disciplines – swim, bike and run. These sessions are led by TriDubai members who volunteer their time. The training sessions are inclusive, for all abilities and are completely free of charge. Confirmation of each session gets put up on our Facebook group, which is also full of chat about all things triathlon.



JOIN THE CLUB!

Simply visit the Facebook page and ask to join. Then you're a member!

Email: contact@tridubai.org

Website: www.tridubai.org and

www.facebook.com/groups/raceme/

Twitter: www.twitter.com/TriDubai

Dubai International Boat Show expands activities as GCC marine market strengthens

23rd annual show to add dedicated sections supporting sailing, fishing and water sports

With the GCC's marine market growing rapidly, the Dubai International Boat Show is expanding its footprint, with new show features dedicated to popular maritime pastimes as the active, on-water lifestyle soars in popularity in the region.

New show features include dedicated sections in the Outdoor Display area of the show for DIBS Sailing, DIBS Fishing and DIBS Water Sports – industry areas supporting strong sales growth over the last several years, according to organisers Dubai World Trade Centre. The event is running alongside Diving Middle East Exhibition (DMEX) – the region's largest diving exhibition.

By its nature, the Gulf is strongly associated with aquatic sports and industry – fishing and sailing, for instance, have long been integral to the region. With Gulf states increasingly focusing on developing planned communities based around the on-water lifestyle, demand and interest in maritime pursuits have skyrocketed in the past few years. The ongoing development of new and existing projects such as The Canal, and the 6 billion AED mega-island Bluewaters Island near Jumeirah Beach Residence will further stimulate the creation of water sport companies and diving sites.

Dubai's Department of Tourism and Commerce Marketing (DTCM) also launched a 20 million USD 'See you in Dubai' campaign in November 2014 to draw attention to attractions that include water sports and beaches, showcasing the city's unique position as a water sports hub in the region.

The DIBS Sailing section is designed as an interactive zone, where enthusiasts – from experienced sailors to first-timers – can see boats, brands, equipment and suppliers from across the globe in a relaxed environment. Visitors will be able to get specialist technical advice from experts and see the latest technologies and products.

To enhance the sailing experience, DIBS Sailing will offer members of the public the chance to enjoy the pleasures of sailing, with visitors invited to take the helm, trim the sails or simply sit back and enjoy the ride as they



soak up the atmosphere of Dubai Marina with the unique opportunity to participate as crew on a Match Race.

The DIBS Fishing sector will meet the needs of even the most expert fisherman, allowing them to get specialist technical advice from experts and see the latest technologies and products. DIBS Water Sports is an exciting new show zone dedicated to all related things, from kayaking, canoeing, jet skiing, and paddle boarding to surfing, kite surfing, and wind surfing, with a dedicated testing pool for water sports enthusiasts.

As the largest diving exhibition in the region, DMEX, serves as an ideal meeting place for UAE and international diving industry players. DMEX is a forum to promote the latest in diving equipment, services and techniques for a fast-growing industry.

The UAE in particular is seen as an attractive hub for divers, offering a wide range of dive sites around its coasts, and a base of operations for diving tours in the region.

"Every year we look at innovative ways of improving the Dubai International Boat Show and making it more and more relevant for visitors and exhibitors alike," said Trixie Loh Mirmand, Senior Vice President of DWTC.

"The expanded show features will make the 23rd edition of the Dubai International Boat Show the most important event that we have put on yet, cementing our position as the

leading event in the regional market."

With tens of thousands of visitors, from more than 120 countries, expected to attend over the five days of the show, and scheduled to view a full range of hundreds of boats on land and water, the Dubai International Boat Show will be among the world's top four marine industry events by 2020, according to exhibitors.

The event's strength and appeal is highlighted by the number of international exhibitors attending this year, with support from the world's boat manufacturing hubs of Australia, China, Germany, Italy, US, UK, France and Turkey. The event will also welcome new country exhibitors, including Luxembourg, Indonesia and Spain.

New exhibitors from Italy include Genial Yachts and Comar Yachts, a yacht manufacturer that is moving its entire production facility to the UAE. Dubai International Boat Show will also welcome Bel Monte Boats, a new company from Luxembourg, and SAY Yachts, a catamaran and sailing yacht designer from Germany.

OutdoorUAE is a media partner of the 23rd Dubai International Boat Show. The show held at Dubai International Marine Club Mina Seyahi is open to trade visitors and the general public from 3:00 p.m. to 9:30 p.m. daily from 3-7 March 2015.





ESCAPE FROM THE CITY RUN INTO THE MOUNTAINS

23rd Edition

RACE CATEGORIES

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72KM | 50KM

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06-07 February 2015 | Dibba, Oman



EVENT REPORT



FATBIKING IN DUBAI

Words + Photos By: Sean James

At OutdoorUAE we have published a number of articles about fat or sand biking and we feel no need to apologise for it. Some thought Fatbiking was just a passing craze but the growing number of riders in the UAE who are exploring the deserts and trails and even the cities on these beautiful friendly and rather comical looking bikes has just exploded. We think Fatbiking really is here to stay.

This month, we look at why Fatbiking is such a great way to explore the UAE and go out to a number of incredible locations around Dubai to play on our steeds. These rides that take under two hours show the best that the UAE has to offer. Riding a fat bike is pure heaven. The huge, soft tyres are akin to floating. What we found was that Fatbikes are not just for the desert. They are also great around town. Along the beach and around the creek, we got looks of bike envy and delight. Join us or get your own Fatbike and watch your street cred go through the roof. So this month, let's continue to enjoy the coolness and get around town on our Fatbikes. We get out of the office and spend a day visiting the iconic sights of Dubai

CRUISING THE BEACH

Have you been down to the new beach promenade in Dubai yet? It has a feeling of California, the South of France and even Australia but still retains the quality, modernity, ease of access and orderliness of a development worthy of Dubai and the Middle East. It's wonderful. One of highlights is the running and walking track. At present there is just over 7km of soft spongy track for those seeking recreation and views of the sea and the cityscape. The authorities think it is so good, athletes in the Dubai

Challenge Triathlon in February will race along it and coverage will provide a global showcase. An easy point to access the track is at the beach next to landmark hotel, the Burj al Arab. The track goes as far as the new hotel, The Four Season. Bikes are aren't allowed on the track but the beach and roads alongside seem perfect.

Dubai has many kilometres of beachfront, much of which has been or is being renovated at present. We started in the north near Jumeirah Mosque. We took to the beach immediately and our intention was to stick to it for as long as possible. When we couldn't, we took to the narrow, twisting streets housing immense mansions, garden centres, luxury hotels, grocery stores and also small workers home. An eclectic mix enhanced by the Downtown backdrop.

EXPLORING THE CREEK

Another area that visitors flock to in Dubai is the creek. One of the most visited areas of Dubai is the busy waterway. There is so much local life to see here and this really is the old heart of a modern city. Here we rode past traders still unloading huge boxes of goods on to the wharf.

Most tourists get on abras back and forth. Abra is the name of the old traditional boat made of wood and used to ferry people. In the coming months, all of the abras are required to be electrified in an attempt at energy conservation. We did our bit for the world and bumped along on our fat bikes through the uneven streets, past the vendors and through the narrow souks. Down one side of the creek and back along the other, this route could take all day if we had stopped to explore all the backstreets of Deira and Bur Dubai.

DESERT AND OASIS

Our day would not be complete without a ride in the desert. Dubai has its own cycle course. A two-way track built through the desert solely for road riders. Initially it was a 90km circuit that has recently been extended with two loops of around 25km each. It even has showers, a café, a bike shop and medical facilities. How many residents around the world are lucky enough to have this freely available on their doorstep? We made use of the carpark and for our final ride set off into the desert as the sun was getting lower to explore this typical Arabian landscape. Here in this wilderness we would find tranquil plantations, herds of roaming oryx and surprise lakes. This area requires slightly more technical riding and we found dunes and ridges to play on until we had satisfied our thirst for adventure for the day. Life for an expat is not complete in Dubai unless it includes a coffee or drink at some of the best bars or hotels you will find anywhere. Sitting watching the sun sink in the horizon and watching the last light disappear we felt truly blessed to have spent a day on our Fatbikes exploring one of the great cities of the world.



EVENT REPORT

TriRock DURBAN TRIATHLON

Words By: Trace Rogers

As a coach, I prefer to train for races outside the racing season in Dubai. This leaves me free to focus on what is most important to me during race season – my clients' progress. It also allows me to focus on quality training without compromise to them.

For this reason (and the fact that most of my family live in the Durban/ Pietermaritzburg area of South Africa), the TriRock Durban appealed to me. Leading up to the race, there were some developments which resulted in me being fortunate enough to have my friends and clients - Rachael Delaunay and Chris Queen joined me for the event. The added bonus was the Rachael's husband Phillipe joined us as support and photographer. Having these three very wonderful people along made this trip a very special experience.

We arrived in Durban to find out that they had been experiencing the biggest swells in 10 years and that there was a likelihood of the swim to be cancelled. I can't say that I was too perturbed about this news. My feeling was that it would all quiet down by Sunday and that the race would remain a triathlon and not be adjusted to a duathlon. By briefing time on Saturday, the decision had indeed been made to keep the swim but change the course so that we started further down the beach and swam into the original starting point (to proceed to T1 as planned). We were all happy with this decision; it made for a very straight forward swim course. Or so we thought.

Sunday morning arrived. Rachael, Chris and myself were all remarkably relaxed and in good spirits. We clearly had no idea what was coming our way.

THE SWIM

The best way that I could describe the swim would be to say that it was about survival. Not in the dramatic sense of the word used in the TV series Survivor but with a genuine goal of getting out of the water alive. The start was calm and I have to say, I was happy with my progress since a ribcage injury had prevented me from doing any swim training in the final month leading up to the race. The only uneasy moment in the first part of the swim was looking down and seeing what was either a long sea snake or eel swimming directly below me. I involuntarily accelerated for a brief moment. Once calmer, I made the decision not to look down again. I reckon that was a good call because it could have been worse. Chris later reported seeing a big grey shadow that looked suspiciously like a shark!



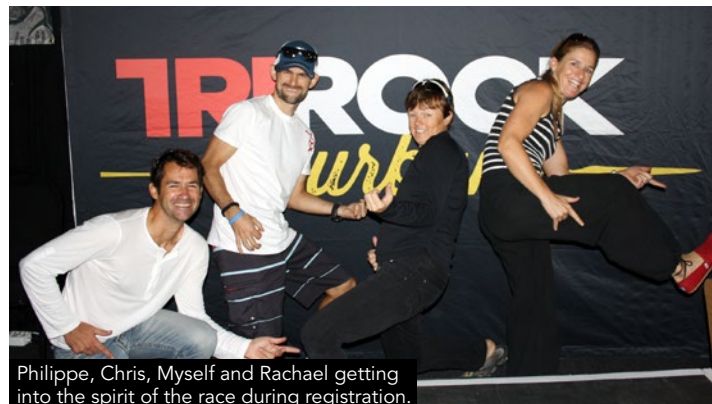
At the briefing in the morning we were told that once we turned around the last buoy to make our way back to the shore, we were to stay to the left to avoid the big swells. Ok, I made a mental note, I would remember this, except that the swells were on top of me before I had even begun to start hanging left. I knew that trouble was coming when I happened to look up from behind a wave just about to break. What I saw was what could best be described as a water based version of a Cirque Du Soleil act. The swell was about 3m high and had about 10 people vertically stacked in it. At that moment I knew that it would not be long before I was in front of my own 3m high wave. I chose not to think about it any further. I got taken under twice. On both occasions, I was knocked underwater for several seconds (which seemed like eternity). On both occasions, I considered that this could very well be the last moments of my life. I grew up spending holidays paddle skiing the waves of the South Coast. Big swells were my friends, they meant good surfing. For me to admit to being terrified is a very big deal. This was definitely the most terrifying moment of my life. Fortunately for me, this too came to an end. I had survived. I was completely shaken up and I now also had two calf muscles that had gone into spasm. For a split second, I did consider bailing there and then. Whether it was the mantra that I had written on my hand (You are stronger than you think) or whether it was the thought of having to live with a DNF, I couldn't tell but the next thing I knew, I was pulling my wetsuit off and run hobbling to get onto the bike.

THE BIKE

This course was awesome a 90 km undulating ride up along the coast toward Ballito and back. The roads had recently been re-surfaced and were completely sealed. The route was exactly as I had expected it to be and exactly what I had trained for. Unfortunately, after the massive adrenaline spike, energy loss, and two spasmed calf muscles thanks to the swim exit, my game plan for the rest of the race had been shot to pieces. It was now simply about finishing. My legs stayed cramped. I expected/hoped that my legs would ease up on the bike. This was a completely unreasonable expectation. Nevertheless, my bike time was still fairly reasonable. The run would be interesting.

THE RUN

It must have been the remnants of the adrenaline surge or the fact that I had trained



Philippe, Chris, Myself and Rachael getting into the spirit of the race during registration.

in warmer and more humid temperatures because for the first 4km, I effortlessly managed to achieve my targeted run pace. In fact for the first 3km, I had to physically reign myself in. By kilometre 7, things had changed. The earlier stress had brought about an asthma attack (earlier, I had questioned myself as to whether I really needed to drag my pump along with me for this race. I am so glad that I did) and the cramps in my calves had now spread to my quads and toes. I was a mess. My game plan then became one of walking until things got "better" and then running (which I imagine was in effect just a fast wobble) when I could and for as long as I could. Eventually the run ended. What was amazing about this run course was that it allowed supporters to get several glimpses of the athletes as they progressed around the course. Fillippe had come up behind me on several occasions to remind me that "you are stronger than you think". I think he got a lot of smileage out of seeing me suffering whilst throwing my own mantra back at me. Nevertheless, I was so grateful for his encouragement and support. I was also so grateful to have Rachael, Chris and my friends Jenny, Peter, Josh and James from Durban at the finish line to welcome me in. Finishing a race in that fashion on my own would most definitely have had me sobbing into the ribbon of my finishers medal.

THE WRAP UP

I may not have had the race that I trained for but the day was no means lost. Chris completed his first Half IM distance in a very impressive time and Rachael made us all proud by claiming third place in her age group. The athlete in me may have been disappointed but the coach was well proud.

Despite the swim exit, which I am happy to report that miraculously (and also due to the skilful abilities of the lifeguards) there were no serious casualties, I would do this race again. In fact I would recommend that others do it too! The vibe throughout the whole race weekend was fantastic. The organisation was superb. The swag was top quality. It just had a real fun feel to it. The Tri Rock series is a brilliant alternative for those who look at alternative races to the bigger, more expensive, more formal franchised races. In short – Tri Rock Durban is a great way to challenge yourself in a very festive and beautiful environment.

Rachael (centre) taking third place in her age category.



ROUND 4 (16 JANUARY 2015)

Words By: Mark Ackerman

Photos By: Andy McNab



Cool weather was welcomed by a smaller entry field for Round 4 of the DMX season.

In the MX1 Class Sam Sunderland (KTM UAE), Jake Shipton (KTM UAE) and Ben Menzies (Honda) were all out of contention due to minor injuries mostly sustained at a round of MX held at the new track in Liwa. Despite the top guys being out, MX1 had some of the closest racing of the season with Ross Runnalls (Liberty Kawasaki), Dale Julien (Liberty Kawasaki), Jinan CD (Liberty Kawasaki) and Olly Eveleigh (Yamaha) providing close racing for the small crowd. The 85cc class saw some upsets in the points with Eugenio

Barbaglia having some problems in the first moto allowing Nic Kefford to get a stretch on the points for the season in one of the most exciting duals in motocross in the junior classes we have seen in a long time.

At the junior track there was equally exciting racing with Myles Sexson (KTM) taking the spoils for the win in the Junior Class, Gian Luca Holder (SRG Portable Shade Husqvarna) taking second after leading both motos for 11 of the 12 laps. A very pleasant surprise in this class is Mohammad bin Ladin (KTM), he is becoming a very serious contender to mix it up with Gian Luca and Myles before the end of the season and looking to break into the top 2.

Name: Dean Jullien

Age: 14

Nationality: South African

Occupation: Student

Race Number: 5

Class: 125cc

How did you get into motocross?

It has been in my family for generations. My dad introduced me to bikes when I was crawling. I got my first bike when I was five and has been riding ever since. Motorsport is in my blood, I don't think I can think of someone in my family who doesn't ride.

What's your greatest racing achievement so far?

When I won the club award for the most points out of all the riders in the entire club.





What's your training like?

I run a lot and work out to build stamina. It helps a lot when it comes to the last few laps of a moto. Stamina is critical in this sport.

How do you balance school and motocross?

It's been tough to get the track time. I usually ride on weekends and train in the gym during the week.

Is there more pressure on you being so young and doing all this?

I'm young, but I have been riding ever since I can remember. No pressure, but obviously I want to do well and make Liberty Kawasaki proud.

What's your race strategy?

Obviously I want to win, that feeling is part of why I race and my strategy is get to lead as quick as possible and be at the leading position until the end. Every race my plan is to pull the hole shot, clock out, cruise and get Liberty Kawasaki on the podium.

Is the competition tough between the riders?

Yeah, there is quite a bit of competition. I have good races with friends that have come through the ranks with me from 50cc. The competition in my class is pretty tough, although it's always fun to have more people in a race.

What do you like most about riding for the Kawasaki team?

I love the brand. Liberty have helped me get a sweet ride and support us the riders from all angles.

What do you love about this sport?

I like jumping my green Liberty Kawasaki. The adrenaline rush is what I love.

Have you had major injuries?

I have had a few hectic crashes. One of my worst is when I got fishtail on some whoops, broke my wrist and got knocked out for five minutes. Accidents are a part and parcel of motocross.

What has this sport taught you?

Staying focused, patience and self-confidence. Riding is riding. I love it!

What's your advice for those who want to get into this sport?

Start and you will never stop.

How do you see the sport developing in the region?

Sport is growing year by year. Qatar is evidence of this hosting the World Championships. This sport has future in this region and it's constantly growing.

DMX 2014/15 Championship MX1

Season: 2015

Pos	No.	Name	Total	Diff	Gap	10/10/2014	10/10/2014	10/31/2014	10/31/2014	11/28/2014	11/28/2014	11/28/2014	11/28/2014	1/9/2015	1/9/2015
						MX1	Total	MX1	Total	MX	Total	MX	Total	MX	Total
1	1	Ross Runnalls	159	0	0	18	18	20	20	16	16	20	20	15	15
2	731	Jack Shipton	150	9	9	25	25	25	25	25	25	25	25	x	x
3	3	Dale Jullien	130	29	20	15	15	18	18	22	22	16	16	15	15
4	18	Ben Menzies	118	41	12	22	22	22	22	20	20	18	18	18	18

Legend: 1st place 2nd place 3rd place

DMX 2014/15 Championship MX2

Season: 2015

Pos	No.	Name	Total	Diff	Gap	10/10/2014	10/10/2014	10/31/2014	10/31/2014	11/28/2014	11/28/2014	11/28/2014	11/28/2014	1/9/2015	1/9/2015
						MX2	Total	MX2	Total	MX	Total	MX	Total	MX	Total
1	1	Ross Runnalls	184	0	0	22	22	25	25	20	20	25	25	25	25
2	555	Ryan Blair	176	8	8	20	20	22	22	25	25	22	22	22	22
3	23	Mohammed Jaffer	151	33	25	18	18	18	18	22	22	18	18	15	15
4	38	Keegan Barnard	127	57	24	16	16	16	16	18	18	14	14	14	14

Legend: 1st place 2nd place 3rd place

DMX 2014/15 Championship 125cc

Season: 2015

Pos	No.	Name	Total	Diff	Gap	10/10/2014	10/10/2014	10/31/2014	10/31/2014	11/28/2014	11/28/2014	11/28/2014	11/28/2014	1/9/2015	1/9/2015
						MX125cc	Total	MX125cc	Total	MX	Total	MX	Total	MX	Total
1	5	Dean Jullien	195	0	0	25	25	25	25	25	25	25	25	25	25
2	73	Darren Berry	174	21	21	22	22	22	22	22	22	22	22	22	22
3	22	Nicholas Kefford	147	48	27	20	20	20	20	20	20	20	20	20	20
4	4	Tiaan Nolan	106	89	41	x	x	x	x	16	16	20	20	18	18

Legend: 1st place 2nd place 3rd place

DMX 2014/15 Championship 85cc

Season: 2015

Pos	No.	Name	Total	Diff	Gap	10/10/2014	10/10/2014	10/31/2014	10/31/2014	11/28/2014	11/28/2014	11/28/2014	11/28/2014	1/9/2015	1/9/2015
						MX85cc	Total	MX85cc	Total	MX	Total	MX	Total	MX	Total
1	19	Eugenio Barbaglia	188	0	0	25	25	25	25	22	22	25	25	25	25
2	22	Nicholas Kefford	182	6	6	22	22	22	22	22	22	22	22	22	22
3	174	Abdulla Alnuaimi	157	31	25	20	20	20	20	15	15	20	20	20	20
4	18	Jasim Alkubaisi	129	59	28	15	15	16	16	20	20	18	18	18	18

Legend: 1st place 2nd place 3rd place

DMX 2014/15 Championship 65cc

Season: 2015

Pos	No.	Name	Total	Diff	Gap	10/10/2014	10/10/2014	10/31/2014	10/31/2014	11/28/2014	11/28/2014	11/28/2014	11/28/2014	1/9/2015	1/9/2015
						MX65cc	Total	MX65cc	Total	MX	Total	MX	Total	MX	Total
1	1	Yurajsinh Kondedeshmukh	195	0	0	20	20	25	25	25	25	25	25	25	25
2	11	Sigurd Johansson	162	33	33	25	25	22	22	18	18	13	13	22	22
3	22	Jamie Horn	155	40	7	18	18	20	20	22	22	22	22	20	20
4	174	Ahmed Alnuaimi	152	43	3	22	22	18	18	20	20	20	20	16	16

Legend: 1st place 2nd place 3rd place

DUBAI MOTOCROSS CLUB

EVENT REPORT



WAR 8

The Wadi Adventure Race is a 10km running race that includes a variety of physical obstacles to complete during the run. Over 800 participants were put to the ultimate test of true strength. This being the eighth edition of the race, some of the obstacles were added and altered from previous race which kept all racers on their toes - they were revealed only at the start of the race.

So what might one have expected on the eighth edition of the popular event? Things kicked off with a 500m run and racers swiftly met with sandbags (20kg) which had to be (awkwardly) carried for around 1.5km. We

suspect most of the racers will concur that this part of the race was definitely the most challenging.

The next 3.5km included a series of high knees carrying the sand bags, crossing the tyre steps, climbing "a frame" obstacle, fence made up of tyres, chain ramp, cage crawl, climbing three high walls of about 2m each, the tough looking container, running over 45 degree wall and accepting the challenge to cross monkey bars.

Racers entered the Wadi Adventure facility to complete their next 5km starting with jump and swim at the Middle East's largest surf pool. Followed by river run, jumping across the back of floating rafts, climbing the muddy mountains and crossing tunnel.



More challenges waiting were the crawl under barb wire fencing, crossing the fence, mud crawl, hill climb, trenches, net climb, very popular seven walls, solving the tangle, climbing the quarter pipe and finally conquering 3m high wall that sat right in front of the finish line

With six different categories (Elite, A, B, C, D, E) to cater for the different fitness levels and running abilities, Wadi Adventure gave people a choice to go for the win or just complete the course and have fun. It set up a fantastic atmosphere with many different groups cheering, supporting and helping one another complete obstacles and after the race a delicious buffet awaited to refuel the body while mixing with friends and telling tales of the personal adventure they had.

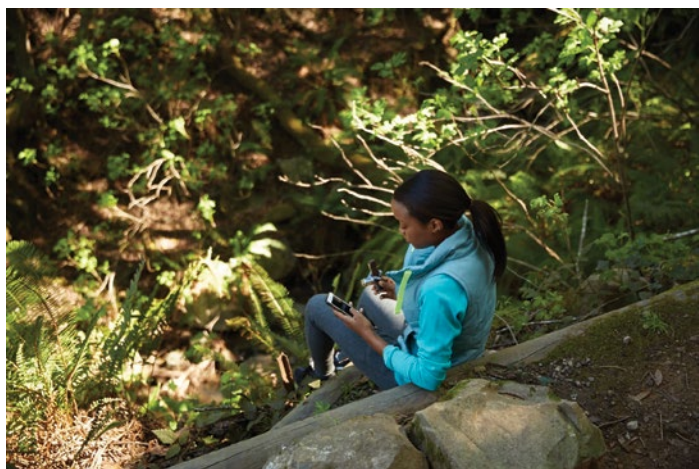


First 3 Male

Name	Nationality	Finish Time
1. Hallavard Borsheim	NOR	00:50:16
2. Boris Rajencikz	SVK	00:51:16
3. Stephen Blaisdell	USA	00:53:58

First 3 Female

Name	Nationality	Finish Time
1. Heba Zoghby	EGY	00:57:24
2. Carolina	COL	01:02:38
3. Emily Rentsch	AUS	01:04:45



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EVENT REPORT

GOING TO THE EXTREME!

Words By: Louise Adamson

Photos By: Louise Adamson © PHISHFOTOZ

The second edition of the Urban-Ultra Extreme3 proved to be as challenging, if not more so than last year's race with more competitors, higher elevations, extended dune sections and tough nighttime isolation over the 140km three-day, three-stage event. It's the only self-supported, multi-stage, multi-terrain race in the region.

Welcoming 27 runners, with over 30% of those travelling from overseas, the Double-Tree Hilton on Marjan Island, Ras Al Khaimah set a civilised scene as participants nervously checked in their race kit and prepared for the off on Thursday January 8th 2015 when they would be transported to the remote wadis, mountains and desert of the UAE to virtually fend for themselves and traverse 140km of unforgiving terrain over the next three days.

The weather could not have been better, yet with the threat of a knock-on effect from the superstorm hitting the Levant region, runners were advised that Stage 1 might have to be quickly changed if the weather affected visibility of the marker flags. Fortunately the weather gods were with us – a slight yet cooling breeze followed the runners as they headed out, prompted by a blast from the starter horn, over the first 40km golden dune section. The 3:00 p.m. start giving them ample opportunity to witness some breathtaking, quite literally, rolling golden dunes and local wildlife of camel herds and fast sand lizards darting beneath feet as runners crested one relentless dune after another.

Sunset brought with it a unique peace only

witnessed here in the desert, where time seems to stand still and as the light fades only head torches and reflective markers light the way – cowbells growing louder or fading in the distance as you approach or distance yourself from the checkpoints.

Inky blackness soon erased any sign of runners visible to the naked eye, replaced by wildly moving flashes of light as competitors made their way from checkpoint to checkpoint and finally to the finish line to refuel, rest and prepare for the following day's stage; for some of the slower runners, crossing the line close to the cut-off time that was just five hours away.

All safely counted back in, camp was abuzz with activity, albeit a slow buzz from tired and aching feet and bodies. Steam rising from foil packets magically rehydrating their contents into some form of edible food, runners congregated around the camp fire to share their experiences.

06:00: Booming music brought the camp's peace and quiet to an end and sleepy runners began to unzip themselves out of their tents and amble about, slowly preparing for today's 50km stage of mixed terrain.

Breakfast consumed, bags packed, medic and checkpoint support vehicles long gone and headed for their rendezvous points, runners stood on the soft sand, ready for the

start horn. It was a slow rather than excited start, a shuffling of feet and a little trepidation as runners headed along the gravel track following the pink markers towards the mountains.

Soon warmed up, the smiles appeared as competitors began to appreciate their breathtaking surroundings. The unique route taking them along jeep gravel paths, then off the beaten path scrambling up stony hillsides and through small goat farms and over mountain passes to take in some spectacular scenery. Winding through boulder-strewn ravines, down steep loose scree slopes, the course was certainly testing everyone's ability to adapt to diverse conditions.

Temperatures seemed to soar as runners summited the highest peak at 520m, but all were in good shape to make the steep descent distracted by the stunning 360° vista of the mountains and Indian Ocean in the far distance and just 14km to the night's wadi camp – no doubt a welcome place to rest tired feet and weary bodies, and to finally shed the load of their heavy packs.

Once again, as runners settled around the



fire to share the day's trials and tribulations, a tranquillity descended upon camp and even though tired, there was a feeling of elation. They had survived another day – they had completed 90km, and tomorrow was their final 50km.

06:00: Pumping music blared from the speakers to wake the runners from their peaceful slumber. In two hours, the horn would sound the start of their final stage. A beautiful trail winding up further into the wadi and seemingly impassable narrow alleyways.

But where there's a will there's a way. As runners headed in the direction of what looked like a dead end strewn with horizontal palm trees and falaj systems, they were suddenly faced with a ravine taking them skywards over monumentally gigantic boulders. A magical place at this time of day, the only sounds a few chirping birds wondering what we were doing invading their peaceful home.

As kilometres were ticked off, goat farms negotiated, barriers crossed, hills conquered and rock faces traversed, runners approached the final section of Stage 3, an undulating gravel road leading to the race's spectacular end where sand meets mountain and their finisher medals await.

The runners could clearly smell home with some amazing times being set for a tough last 50km stage. From just under 5hrs 30mins for the first runner, to the very final and determined competitor coming in just 15mins



under the 11hr cut-off time in darkness and to rapturous applause for their amazing efforts to get to the finish. It was an emotional time. To witness individuals push themselves to their very limits, further than they thought they could go is an amazing experience.

With an overall time of 16:23:53, Germany's Clemens Kastner took first place for the men and with an outstanding time of 16:47:37, Claire Morrissey from Ireland took first place for the women and third place overall.

Finisher and UK resident, Andrea Fawell said, "Just writing to say what an amazing fantastic weekend we had with you in the desert, I am still buzzing. Firstly, a huge, huge thank you to you and your team for organising such a brilliant event. Not only were all the logistics and organisation a professional and slick operation, the good humour, encouragement and positive, fun atmosphere you and your team created made what is an extreme event so much fun too. I was hopping around the desert all weekend saying, "I am so happy" and I was."

Finisher and UK resident, Rebecca Ferry said, "Thanks for a super few days. It was well worth the effort. We all left thinking what a fantastic event it was. Well organised. Amazing clearly marked course and fantastic atmosphere. Thanks guys!"

Finisher and UAE resident, Stuart Brock



said, "Really well organised. Loved the event. The route was well marked, the scenery was spectacular. The volunteers at the check-points and the organisers made a tough experience enjoyable. Overall a fantastic atmosphere, no complaints. I'll do it again."

It was only with the help of the many volunteers, sweepers, support drivers and medical team, that the second 2015 Urban-Ultra Extreme3 was such a huge success. We would like to thank everyone involved, from the 27 runners to our sponsors and volunteers.

Absolute Adventure, Aqualyte, Emirates Snack Foods, Banana Boat, Emma Woodcock, Max Whittaker, Dee O'Leary, Aida Othman, Ekhman Othman, Nat Liars, Clare Shryane, John Godfrey, Manuel Schmidt, David Chambers, Damien Cashinella and Richard Holliday.

Watch out for the 2016 edition of the Urban-Ultra Extreme3, it is a perfect introduction to multi-stage ultra running for newbies, but also great preparation for athletes running events like MDS or Race the Planet to test their fitness and gear.



EVENT REPORT

SHE'S ON THE RUN!

Seven 50km races in seven consecutive days

Words By: Maria Conceicao

Photos By: Saul Keens and Nilofar Khatib

It was a rainy 5:30 a.m. as I headed out in Long Beach, California. It was still dark and delicately quiet as if the city was still sleeping; I seemed to be the only one up and ready for business, well, except for Starbucks. At 5:45 a.m., I reached the beach car park meeting point that was to be the start/finish for my first 50km race.

There were 20 consecutive races scheduled altogether and I planned to do as many as I could. The race organiser had scheduled 50km, full marathon and half marathon races to run through December 2014.

For me, this was training for my February 2015 challenge of seven marathons on seven continents in seven days (777). I recently ran seven consecutive 42.2km marathons, now I wanted to push a bit more and run consecutive 50km marathons. Hopefully, this would prepare me for the extra stamina I would need to cope with the long distance travel fatigue and sleep deprivation on the 777.

The races were advertised as "low key" and the number of bodies milling around certainly was low as I arrived to collect my bib number. Even as we shuffled toward the start at 6:30 a.m., it was still very quiet, a far cry from the chirpy noise and excitement at a big marathon event.

DAY 1. There wasn't a big count down for the start; it was more a casual "off you go!" It was relaxed, it didn't pump up the adrenaline, but this was good because I needed a slow pace if I was going to last 50km every day.

As we set off along the beach path, the sun was starting to rise behind us, poking through the clouds and slowly lighting up the beach to reveal it for the first time.

The course was six loops of the beach path and at the start I ran just under 1hr per loop, this was convenient for me to refuel with Gu gel after each loop, have a quick refreshing drink and be off again.

The beach path was soon full of other runners, walkers, bikers, wheelchair racers or rollerbladers; they were out in force once the sun came up. The variety of people encountered helped to pass the time through the long, long 50km. I finished the race reasonably comfortable in 5:44:42.

I have run 50km races before but not since March. I was more used to a normal 42.2km marathon distance, however it felt fine. I think that once I am in a steady pace with my mind firmly fixed on the target I'm like an express train with not much that can derail me; however this is never without a few difficult moments.

After a couple of healthy meals and a good night's sleep, I am back at the same place for Race 2. I felt good, not very stiff. I was ready to go. Again at 6:30 a.m. we set off on the beach path.

DAY 2 was dry with clear sunshine which made it much warmer than Day 1 after a couple of hours. It's surprising how much difference a few degrees can make towards hydration requirements. If I become dehydrated one day, then I probably wouldn't fully recover before the next, so I had to be careful.

To be honest, I struggled on Day 2, it felt so much harder. But I managed to finish in 5:50:55, which I was happy with.



About midway the **DAY 3** race I felt weak; I felt that I might fail to complete the race. I cried. I argued with my body. It took a boost of mental strength to push through that moment and complete the race. In both Day 2 and 3, I got stronger between 35 and 50km. Day 3's finish was in 5:45:09.

DAY 4 was a Saturday and as the sun rose, so did some of the characters who had slept on the beach. It took a few kilometres for me to wake up but I felt much better, amazingly my legs felt strong, no aches or pains, maybe thanks to the latest 2XU compression gear. I was strong mentally too. Day 4 had no issues and was in fact an enjoyable run from start to finish; I bet not many people can say that about a whole 50km. I finished in 5:46:17.

DAY 5 was good, however, I started to develop a sharp pain in the side of my left foot. Pain is normal when running mara-



thons, even more so for 50km and of course guaranteed during consecutive races. Getting through the races is a process of pain management. Often the pain is temporary and will go away after a few kilometres. Day 5 finished in a reasonable time of 5:56:17.

The usual routine proceeded after the race: eat, drink and then eat some more. Usually a high carb, high protein lunch, I find that simple food works best for me, brown rice, grilled chicken or fish and steamed vegetables, no seasoning. Lunch is usually followed by work, and lots of it. Running a charity foundation is more demanding than running marathons. It's a constant struggle to find the funding needed, which means that we can never help as many people as we would like to.

On **DAY 6**, the pain in my foot was still there so now it started to concern me. The race was at Marina Vista, which should have been better as it's much more asphalt than concrete compared to the beach path. Concrete is supposed to be 10 times harder on your body to run on, or somewhere along those lines. However with my new injury it was hard to notice any benefits from the softer running surface.

It was difficult from the start. It didn't hurt as much when I walked, so I tried to walk more and run less. It was a struggle, it was slow, but I got through. Finished in a much slower time of 7:38:43.

DAY 7 was back on the concrete, the surface that runners are supposed to avoid like the plague, however, I didn't have much choice. I took it slow again, with plenty of walking but it was tough and painful. Time: 7:40:08. The time was becoming irrelevant, I was so happy just to finish and that I had reached a milestone figure of seven days.

When I woke up the next day, my foot felt much worse, even just to stand on it, let alone to walk. This really wasn't good. I decided to give it a go though, even if I just walked, if the pain eased off I would keep going, if not then I would stop.

I managed 10km before my self-preservation kicked in and I decided that I needed to stop. It was a difficult decision, mainly because the rest of me felt great, no aches or pains, not too much fatigue, however I started to get really concerned about the injury and what damage I could have been doing. It was extremely frustrating to say the very least.

But hey, guess what, I got a new Guinness world record. Seven consecutive days of running official ultramarathon races; even so I was still a bit disappointed because I felt I was capable of doing much more.

I am extremely grateful to my sponsors who covered the expenses for this challenge, Nabil Dalle, Imran Ahmed and others who prefer not to be named. Also to Ziyad Rahim without who I would not have known about this event.

Although I do this purely to raise awareness for the Maria Cristina Foundation, which requires pushing to extremes, I have found endurance running an extremely rewarding and healthy way to challenge one's self and would recommend it to anyone. Only a couple of years ago I would have been out of breath just running to the bathroom.

It turns out that my injury was a stress reaction and needed six weeks recovery, if I had carried on running on that concrete it would have got much worse. I guess it just goes to show that I am human after all, and not a machine that can just keep going indefinitely. But the problem now is that I feel that I still haven't found my limits. "I'll be back!"





EVENT REPORT

THE BEAR GRYLLS 24-hour Survival Academy

Words + Photos By: Sarka Svobodova

I left Dubai early in the morning en route to Dibba, by the fast road. When I arrived at the Absolute Adventure HQ, the company that organises the Bear Grylls courses here in the region (the fourth location in the world), everything was already prepared and waiting for us: rucksacks, sleeping bags, mattresses, head torches and other equipment necessary for an overnight stay in Omani mountains.

Not long after, two families also arrived, one expat family living in Dubai and the other from far South Africa. They bought the course as a get together activity for their kids. The ladies were both from Greece but grew up in Africa, trying to meet every year somewhere to keep the families in touch and to strengthen their relationship.

After a short introduction video, came the first challenge. We got 30L rucksacks, mattresses, sleeping bags, mosquito nets, camel bags with water and other essential equipment and we had to pack it with all the stuff we thought we would need for the next 24 hours. We jumped into the mini bus which took us to the mountains. The mood was excellent, everyone was excited for what's coming. After a short drive we reached our destination and with our rucksacks on our backs we started ascending up the very steep and rocky hill.

Our instructors were checking on how

everyone is doing to make sure that nobody was left behind. Before you sign up for the course, make sure, that you are wearing proper trekking shoes, it's essential as proven after a few minutes of walk. Boys were wearing new shoes that didn't cope with the rocky surface and those started falling apart. You might survive without shoes, but I can guarantee that your feet will suffer a lot! Luckily, our trained outdoor guides knew how to fix this with knives and pieces of rope and we continued with the walk.

After a while, we found an abandoned village and decided this is the right place to build the camp. We were told how to find water, filter and purify it so it's drinkable; how to protect ourselves from sun or cold; how important it is to stay well hydrated; and how to make nodes or set up a camp fire.

Building our accommodation for the night was fun and builds great team work. Some were looking good, some less, but in the end, everyone was satisfied with their new bedroom and we were ready to start cooking dinner – by fire, of course. We already knew how to set it up and have collected plenty of wood on the way, so we started cooking a traditional Arabic stew made of chicken, potatoes, vegetables and lots of spices. Everyone was really hungry and we can almost eat anything, but unlike what we've seen Bear Grylls eat in the wild, our food

tasted excellent! After dinner, we had an introduction on how to navigate through stars and by the end of it everyone was tired and ready to go to bed.

The morning welcomed us with a bit of cloudy sky, but still nice weather. We got our helmets, harnesses and we were told that it was raining in the mountains, so the wadi is flooded and we can't make it down the same way, we came the other day. Now what? The best solution were abseiling, traversing and finally the Tyrolean traverse. I was really scared because I have never done this in my life. But I really didn't have any other choice so I just went for it! My legs were shaking a lot, but it was great and absolutely safe. After this amazing experience, the course was almost finished and we were loaded into a minibus that took us back to the HQ.

I recommend the Bear Grylls survival course as an ideal outdoor activity when you want to get together with friends or family, or when you just want to escape the city and learn something about living in wild nature. It was challenging and as the man himself said "it can hurt a little bit" but you might love it as we did.





ENDURA

Photostory –Early morning ride on the Dubai Tour Mountain Route
N 24° 50' 12.5" E 56° 08' 25.8"

The roads that wind their way through the Hajar Mountains around Hatta will prove a sharp test when the Dubai Tour Pros hit them at the end of 205km on the third day. For the rest of the year they provide some of the best cycling in the region and the Endura FS260-Pro range is perfectly suited to their demands on us enthusiastic mere mortals.
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LIFEVENTURE

ACTIVITY REPORT

TALES FROM THE STABLES

Hacking

Words By: Cindy Stadelmann and Cosmo

Here I am again: greying, carrot-loving Cosmo, a Holsteiner from Germany, now living in Dubai with my stories from the yard. In last month's edition, I shared details of life in a training yard and the work that goes along with participating in Jumping Shows.

Competitions are tough and like any athlete, a horse needs days to recover. Stretching your legs in a different environment is king. There is no better way to do this than hacking. And no better place than going out in the desert, exploring and observing the scenery. Al Khawaneej is a great and easily accessible area for hacking. Hacking is exercising your horse out on trails to avoid getting it burned out due to consistently riding in the ring. Some serious show jumpers prefer to stay on safe ground with their horses to avoid exposure of injury but hacking is fun...

Surrounding the Al Hamra yard, where Cosmo is based, are little quaint roads that are great for a quick loop to stretch your legs. Rhododendron bushes grow over walls, palm trees give shade along the road, and you can hear chicken and goats in their pens. You would not imagine you are near the centre of Dubai. There are different little streets and surfaces that allow you a short canter or trot. But mainly they are made out of tar and if your horse has shoes, it can be quite slippery. I refrain from going fast and prefer to walk on those roads.

Preparation

A bit further out, there is superb desert that allows you to let your horse run as fast

as its legs can carry you. But to do that, preparation and caution is needed: it is the rider's responsibility to be careful about not overburdening the horse and causing leg injuries, overheating or dehydration can lead to severe medical conditions. As mentioned in my last article, Cosmo is a Holsteiner and has been bred for tackling obstacles. He is big and heavy compared to his sibling "The Arabian" horse. Arabians have been raised in this harsh environment and easily manoeuvre through sand. Light footed they will go through areas that will cause major effort for a Warmblood. I do go out for hacks with Cosmo but as a "responsible party" it is crucial to do the necessary preparation and to know the terrain in order to have an enjoyable and safe ride. First of all, horse and rider need to be fit. If either of us doesn't feel fine, there is no use planning for a lengthy, strenuous ride out in the sand. Also, it is important to be aware of the weather conditions and time of your ride. Move the ride to earlier or later in the day when it gets hotter. Temperature rises quickly in the morning and be considerate of sunset. Sun sets quickly in the UAE and everything looks different in the dark and you will not see threats. Also, traffic will not see you.

It's good to wear layers and technical gear. In winter, it's mostly good to bring a light fleece. It is quite nippy early in the morning. What also works well is wearing cycling tops. You can use the 2-3 rear pockets to carry a phone, sun glasses, little nibbles for you and your horse and even a camera. To counter heat and thirst, you can take a CamelBak with water for yourself but it is difficult to carry water for your horse. I did a few rides where I dropped water and buckets off at different places to ensure I had water at hand for my horse. I left a note on top, explaining that I was using this for my horse, to avoid anyone taking it. In general, as it gets hotter plan for shorter rides. If your horse is "barefoot" and you are not 100% sure about the terrain, it might be advisable to take EasyBoots or similar with you to aid your horse if needed. I have also found sunscreen spray for horses to be useful.

In terms of the terrain that you will be riding in and exploring, there are different hazards you should be aware of. For one, the sand can be soft and deep, compact, rocky, wavy, etc... but there are other things to consider. Unfortunately, I have come across of plenty of broken glass and barbed wire. It can have very bad repercussions if your horse gets exposed to that. You need to choose the pace based on these conditions. Besides that, you might encounter animals. I have seen foxes, hares and lizards. Camels are the most likely you will encounter. According to Cosmo, camels have to be circumvented at great distance. I only had one horse in the past that was fine with camels. All others were terrified and found ways and methods to spin 180 degrees in a split second and attempt to run away from the four-legged desert creatures. Horses are a lot more spirited when they are out in the open. You need to be a confident rider before you decide to venture out hacking. One





other thing to consider when you ride out: if you fall or have to get off for whatever reason, you need to be capable of climbing back on your horse. With an Arabian this is easier because of the smaller height, but will your steed stand still? Warmbloods are big and, as a small rider, I am glad that I am quite flexible and can reach my stirrups without a mounting block. An alternative solution is to lower your stirrup for the moment you climb on and then shorten it again. That works, too.

My preferred desert stretch is close to the stable and can be covered in around 1.5 hours. It is right under the landing approach for DXB airport and you can see the big planes preparing for landing. Don't worry, they are still high up and you can barely hear them. To get to my favourite stretch of desert, I have to cross one bigger road with a roundabout and it amazes me again and again how horse-friendly this nation is. Cosmo is traffic-proof and absolutely relaxed around cars (a must if you want to explore your stable's surroundings). Riding through the roundabout, all traffic stops and patiently waits. People wave and give you thumbs up. After that it's just a few smaller roads and then it's all desert in front of you. How amazing is it to watch a lizard dive into the sand dune and disappear as if it was water or hares bolting off at ease? Between the dunes in Al Khawaneej you find a few nice, compact paths to gallop as fast as your horse can go. Once winter comes and a few rains and storms flatten the tyre tracks out, they are optimal. Riding on top of the dunes you can observe the movements in the desert and the Dubai skyline on good days. The dunes in the Al Khawaneej area are all more or less aligned in east-west direction and there are various landmarks to safely manoeuvre around. It is really quite difficult to get lost. If you ride early in the morning you often encounter groups of riders on their Arabians training for Endurance Races. I will dedicate my next article to that kind of horse sport, which is definitely the number one equestrian sport in the UAE. Amazing to watch and amazing to participate in.

Day trips

If you have a horse trailer, it is very simple to move further out and explore even more of the desert around Dubai. You can drive across to Al Awir or towards Fossil Rock (Tawi Trail), park your car, unload your horse and go explore. No one stops you from parking your vehicle close to the desert. You can kick off your journey from wherever you desire. For these kinds of excursions, it is always recommended to have a second person with you for loading and unloading your horse. Loading and unloading is not a one-man show. One person walks the horse in and makes sure it stands calmly in the trailer. The second gently puts the barrier up behind your horse and closes the ramp once your horse(s) are loaded. In any case, there is nothing more fun than a riding buddy to explore the area. Depending on how good your sense of direction is, I recommend taking a GPS with you and saving the location from where you took off. Worst case is you set your GPS to show you in the direction of where you came from. Once back at your trailer, ensure that you have a bucket of water ready for your horse. Hydration is as important for your horse as it is for you.



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ACTIVITY REPORT

People who run

Words By: Sean James

Photos By: Sean James and Giorgio Cecchinato

You might think that people run to escape the complexities of life and that running is a simple sport, but you would be wrong. Once you start to look a bit further at the science behind training, resting, running shoes, running vests, watch technology, food intake, race season planning, you start to be a bit puzzled. That's before even looking at the different types of running; road running including 5km to marathon, ultrarunning on trails, ultrarunning on 400m tracks, vertical kilometre, sky running, track running, cross country running, fell running, orienteering, tower running, sprinting, middle distance, stage races, desert races... the list could be endless.

The people featured in this article are people who love to run. They just get out there in the UAE. You've probably seen them in races in the Emirates or even abroad. They are just normal people but huge amounts of dedication have made them "runners". Like you, they have demanding jobs and spend many hours in conference calls to the other side of the world but their main focus and passion is just to run and that's what gives them the most pleasure. We hope they inspire you.

Darryl Chiles

Darryl Chiles lives in Dubai and works for Apple. He gets great enjoyment from just getting out in the hills running and is a key committee member in the ABRaS Running Club. His list of races around the world, especially hard trail and endurance races is



Darryl running the trails near Hatta

impressive. Over the years Darryl has shared his love of running with many and has introduced countless number of newbies.

Like most people who initially move to Dubai, Darryl immediately discovered the "Dubai Stone" in his first six months. That 7kg of excess bodyweight caused by over brunching. Although Darryl had been running since childhood, it was mainly chasing balls in team sports so it was not until 2008 when he came to Dubai that he really started to consider himself a runner. This awakening brought him to his first race, the Standard Chartered 10km in January 2008. "I had started doing a bit of training in the lead up to this and my goal was to break 50 mins, I failed, but only by a matter of seconds, and boy did I find that race hard."

Now he regularly knocks on the sub 40min door for 10km, has a sub 3hr marathon under his belt and a 7.29 for Comrades in South Africa. When asked what he likes about running he replied, "I definitely have a competitive streak, I've always loved team sports and the competition involved and that has spilled over to my running. I didn't find running easy or particularly enjoyable to start with, but it was challenging and I could see the improvements I was making in my better times. It was only after my next race, the RAK Half Marathon, where I meet the one and only UAE ultrarunning legend Cath Todd, did I realise that every run didn't have to be an all-out effort but you could actually run at a pace where you could be sociable, chat and suddenly 1hr, 2hrs and longer became enjoyable."

His favourite places to run in the UAE are the quiet wadis and jeep tracks around Masafi and also on the top of Jebel Yibir. The stunning drive up to 1,300m gives access to quiet tracks that link the amazing villages on the plateau overlooking Musandam and Oman. When short of time he says "I equally enjoy my early morning runs round the lakes on the traffic-free paths between the Springs and Meadows or Monday's speed sessions around the DAA track with ABRaS running club."

Running is made up of memories and one of Darryl's favourites was his first ultramarathon at Comrades. "Nothing has quite hit

the spot like this 89km race in South Africa". It has around 20,000 starters and he still remembers it vividly. "The nervous anticipation as we gathered in our starting pens, with Shosholozza and then Chariots of Fire playing to send us on our way, to the school kids singing as we passed them in the darkness before the sun rose."

Tips from Darryl

"All I would like to add is, if you have reached this far in the article and you don't run already, there is surely a seed in you to start running. There are many places to get involved in Dubai, and the community is ever expanding, so there is something for everyone. Get involved with a club and go from there."

Paul Walley

Paul has worked in the UAE for the past six years. Before he moved here, he wasn't a runner. In fact, when he was at university he was 95kg. In December, he ran a 37-minute 10km in Al Ain. He works in outdoor education and development mainly in the school sector and loves getting out in the hills.

"I started running when I moved to the UAE. I had gone from working outdoors all the time, to being in schools, so I needed something to keep me fit."

Less than a year later he did his first race. "My first race was the RAK Half Marathon in 2010. After running for about three or four months, I did a 1:47 or something like that. I was aiming for sub 2hr so was I happy enough!" Since that he has gone on to do 1:25 for a half



Paul in the Al Ain 10km



Off-road trails just one hour from Dubai

marathon in 2014 and 37 for 10km. However it is not just the competition that drives Paul. "I enjoy running for myself, but enjoy the occasional race. I'd rather run off-road in the mountains than on road." Having lived in Al Ain, his home turf definitely had a hill and a big one. "I love running in the mountains and wadis in the UAE, some of the wadis around Jebel Hafeet are amazing, full of wildlife." Paul really loves the mountains and if he had to pick a favourite area abroad it would be in Wales. "Around Llanberis, there are some amazing trails there, stunning scenery and all the hills you could want. I remember a great run with a friend I did up Snowdon, the highest mountain. I had walked up it a million times but never would have dreamed of running it a few years ago."

Catherine Todd

Catherine Todd might look diminutive and as if she has just been out to a fancy restaurant in Dubai, but don't go up against this lady in a long distance foot race. Adding the glamour to the UAE running scene, she once ran from Dubai to Fujairah Al Aqah over the Hajar Mountains, not even stopping for drinks and food. Those were handed to her out of a car window as she kept moving. It took her 29 hours. Not bad considering the average cyclist on the Coast to Coast route takes 8hrs for the same 220km route. Her impressive race record includes many wins around the world of races at 100km plus. She even has a victory as the 1st Female at the Badwater Ultramarathon in the USA – a non-stop 217km sufferfest from Death Valley (85m) to Mt Whitney (2,530m) with a total of 3,962m of cumulative vertical. Temperatures of 40°C are common and competitors wear white suits to try and reflect the sun.

By day and night she is a professor in the Engineering Faculty in Dubai but has found time to record her running memoirs in her recent book "Shhhhh! Runner!"

Catherine grew up in Australia and like most Aussies, sport and running was the norm. Her first marathon was when she was at university in Sydney. "It was tough and at the time, such a long distance." Now she runs 100 mile races like the normal person does a 10km. The competition is what drives her and these gruelling 100 mile races, especially in the USA where she will fly just for the weekend to compete, are something she finds truly unique and special.

Living in the Emirates, Catherine trains mostly on the trails at Wadi Helo and Showka with Dubai Trail Runners. Although



Catherine competing

her favourite place is The Liwa Empty Quarter. "Some of the hugest and most stunning sand dunes I have ever run across. One of the most beautiful sights to see for a sunrise."

Rafat Shobaki

Rafat is from Jordan and is a relative newcomer to running but shows that determination and mixing with the right people really helps. Not happy with his level of fitness at the start of 2014 he decided to change things.

Not content with just running he decided to do triathlons. He set himself a goal and in the same year had completed the Dubai International Triathlon (1.9km swim, 90km bike and 21km run) in 7hr and 6min. A great time for a first Half Ironman distance.

Rafat shows what can be done with dedication and getting sound coaching advice. He gets out regularly with Dubai Trail Runners in the mountains, running with Badwater winner, Catherine Todd. He mixes the type of running and where he runs to keep motivation high. In Dubai, he trains with TriDubai and SuperTri, following professional advice from his coach Trace Rogers.

His most memorable running moment to date was the last 10km of the Dubai International Tri. "It was a great sense of achievement, I recalled the huge amount of time in training and the doubts I had. I was laughing. It was a spiritual experience, even the pain was enjoyable. Some people call this patience but I didn't know I was patience, I was enjoying the energy of faith, joy, confidence and giving. And the pain I was enjoying was the great recognition to these great rewards."

"I run for the pleasure of running, for the joy and inner peace it offers me, for the love and energy experienced at special times. I also learn more truths about my capabilities and weaknesses."

Chad Lasiter

I first came across Chad in a few of the local races in the Emirates. We shared quite a few podiums together. These were shorter 10km and half marathon distances. Since then he has moved on and become a phenomenal ultrarunner winning races such as Wadi Bih. His first 100 miler (160km) was the Mohican 100 in June 2013 which he completed in 18hr 26min. Unsure how he would perform over the distance, he only went and won it. "I'll never forget crossing the finish line and seeing my wife, Jenness, standing there to greet me (i.e. catch me). I ended up in the hospital with severe dehydration after the



Rafat running in Dubai

race, but that didn't matter. I finished. That race led to what is now a very long list of other ultras that I hope to experience in the coming years, as long as my body will hold up."

Talking about the UAE, he says, "My favourite place to run in the UAE has to be Jebel Hafeet in Al Ain. I have run up and down that Jebel so many times, it's like an old friend. It is only a short drive from Abu Dhabi and it provides a lot of options for training."

Because Chad now gravitates more towards mountain ultras he admits finding enough elevation gains while living in Abu Dhabi can be a challenge, as the only hill within close proximity seems to be the "bridge to nowhere" near Al Bateen. "In a long run on Jebel Hafeet, I can get in around 2,000m of vertical and also spend some time on the trails around the mountain, which can be quite technical in places. This makes it well worth the drive."

He admits also to enjoy racing, but runs primarily for pleasure. His first full marathon was in 1997 and has since ran many more half and full. "I recently ventured into ultrarunning, partly because I was looking for a new challenge and partly because my aging body just can't move as fast as it once could. I now focus almost exclusively on trail ultras, and I have moved on from chasing my marathon PB."

To maintain his motivation and to just keep running he says, "I enjoy the outdoors and do 99.9% of my runs outside, only running on the treadmill when it's not safe to run outside. In other words, I avoid the treadmill at all costs. I even run outdoors through the summer in the UAE. I just slow down a bit and do my runs in the early morning, always carrying plenty of water, of course."

Chad races and trains year round and his schedule for 2015 includes Wadi Bih 72km, Hajar 100km, Ronda Dels Cims 170km (Andorra) and Ultra Trail Mount Fuji 164km (Japan) and maybe a few shorter races as well, depending on my work schedule and if I can get approval from my wife!

These people really do love to run.



Chad winning a multi-day stage race in the UAE

ACTIVITY REPORT

Heliskiing, the last frontier of skiing in Cortina d'Ampezzo

Elevate your experience using "ski lift" Ecureuil AS350B to reach the magnificent Italian mountain sceneries

Words By: Nico de Corato

Photos By: DubaiBlog and Cortina Turismo archive

Skiing or snowboarding using a helicopter as lift to reach the highest points of amazing environments surrounded by the most beautiful peaks in the Alps, is without any kind of doubt, an unforgettable experience.

Heliskiing is off-trail, downhill skiing or snowboarding that is accessed by a helicopter instead of a ski lift. Old photos in ski books suggest heliskiing may have begun in the late 50s or early 60s in Alaska, Wyoming or Utah. Heliskiing was promoted in ski action movies and has its own star athletes such as Seth Morrison, Mark Abma and Glen Plake. Not a proper heliski, but a scene including helicopter and off-trail skiing is also included in the 007 movie "A View to a Kill" (1985) with Roger Moore as James Bond.

Situated among the amazing granite spires of the Dolomites, Cortina is a unique destination. The city has hosted World Cup downhill skiing for years, and is known as an upper crust resort. Cortina also hosted the Audi FIS Ski World Cup. It is a bustling town and offers some of the most fashionable shopping opportunities and exceptional dining.

A safety concern of heliskiing operators are avalanches. Heliskiing operations employ guides and pilots who are trained and experienced in evaluating snow conditions, snow stability, and risk management. When you are booking a heliski ride, you will be followed by a guide, trained by the local association of mountain guides (Gruppo Guide Alpine di Cortina). Guides also enter the profession after years of personal experience, ski patrol experience, other guide experience and high mountain IQ.

Riskier slopes are avoided depending on the assessed risk of the snow pack, resulting in guests riding mellower slopes in safer places when the risk is high. Poor weather, especially



Getting out of the helicopter

limited visibility, freezing rain or high winds limit the ability of helicopters to fly in the mountains. In these conditions, most operators will be unable to fly.

Any tour organised by the official recognised guides will include the use of avalanche transceivers, shovels and probes and provide training on the use of them and other avalanche rescue equipment. Guides, and increasingly guests, carry radios to communicate within the group, between groups, with the helicopter and the lodge.

In order to enjoy this experience, you must be a strong experienced off-piste skier or snowboarder. You need generally to bring a complete skiwear/boardwear, well waxed pair of freeride skies or snowboard, backpack, snack lunch (I suggest some energy gel/bar as well), drink, sun cream, camera.

Ready to fly and ski,

Nico

For more information and pictures about heliskiing in Cortina please do not hesitate to contact me or to visit www.cortina.dolomiti.org
Cortina Turismo
Consorzio di promozione turistica
Via Marconi, 15/b
32043 Cortina d'Ampezzo (BL)

HOW TO GET THERE

The village has nearly 7,000 inhabitants and it is located at 1,224m ASL. Some of the surrounding peaks are higher than 3,000m: Tofana 3,243m, Cristallo 3,218m, Sorapis 3,205m. Geographically it is included in the Belluno province and it is 72km from the town of Belluno. It is located between Veneto and Trentino Alto Adige regions, the border between the two regions is at Cimabanche Pass (1,530m) 13km from Cortina.

BY BUS

There are direct bus connections between Cortina and some Italian cities:

Bus service between Mestre (Venice) railway station and Cortina d'Ampezzo (Bus line Cortina Express) in connection with the Eurostar trains from/to Milan.

Bus service between Bologna railway station and Cortina d'Ampezzo (Bus line Cortina Express/Zani) in connection with the Eurostar trains from/to Florence-Rome-Naples and with the "Adriatica" line (Rimini-Ancona-Pescara-Bari).

The journey from/to Mestre takes about two hours and 15 minutes and from/to Bologna three hours and 55min. It is possible to pay the ticket on board. For further information, please contact Seam office at info@cortinaexpress.it

The Cortina Express is operated through very comfortable buses, also with Wi-Fi connection. Panorama is enchanting and the service is available all over the year (triplicated during the high season).



With the crew before leaving

Blogger, marathon runner and triathlete, diver and heli rescue swimmer with Bergamo Scuba Angels. You can read my blog www.dubayblog.com, contact me on social networks or via email at admin@dubayblog.it for information about this article or just to say hello.



EVENT REPORT

BAJA ROUND 4

Words By: Mark Ackerman

Photos By: Tim Ansell and John Basson

January 4-16th

Round 4 was hosted in Umm Al Quwain after an eight-week break with the festive season in-between. With the first race to be held in this region after a number of years, and attempts, the competitors were all really fired up to get out racing again in the awesome, cool weather.

The dunes in UAQ are large, soft and combined with a lot of camel grass provided for a route which required a lot of concentration and careful navigation, it certainly got

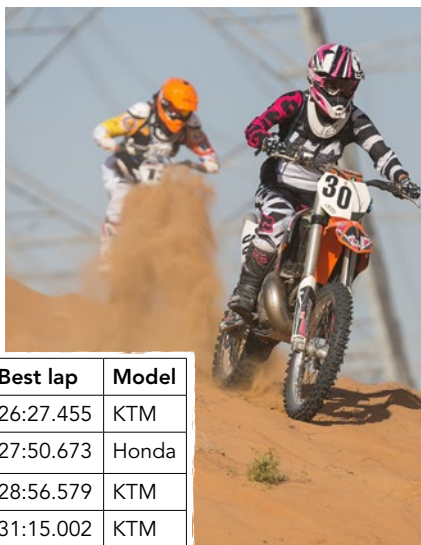
very rough towards the end of the race with many competitors realising the break was longer than what they had thought.

The format for the day would be six 22km laps, which were slightly longer than previous races and required the competitors to calculate fuel consumption very carefully. The Ladies Cup entries got a lot of attention at this round for all the right reasons, entries from the fairer sex have been on the up, with seven ladies entered to take on the rough terrain and even tougher competitors. Sune Schaffler (KTM) took the spoils in the Ladies Cup finishing as high as 44th overall with total finishers of 71 out of the 83 that started. Victoria White (Honda) finished 2nd in class and 53rd overall with Kylie Slowe

(KTM) in 3rd and 58th overall. The challenge is out there and the guys are all looking over their shoulders for pink fenders and riding kit getting ready to overtake!

Overall in the Moto Class Jake Shipton (KTM UAE) had an unchallenged win which was established in Lap 1 and he never looked back setting a pace of no less than 35 seconds a lap faster than the next closest contender, his archrival Sam Sunderland sat out this round after returning from the Dakar. Second place was hotly contested in a three-way battle, which saw Mohammed Al Balooshi (KTM UAE Balooshi Racing), Mark Ackerman (SRG Portable Shade Husqvarna) and Mohammed Jaffar (KTM UAE Balooshi Racing) swap racing positions right down to the last lap with lots of hot bar to bar racing through the desert. The day was unfortunately marred by a number of penalties being issued by the race officials to the racing pack with no less than eight riders facing at least 0.25 laps penalties. This adjudication created a mix up in the seasons results and for the day overall with Jake Shipton (KTM UAE) taking the overall win, hard charging Mark Grams (Sandy Helmets Honda) in second and Sean Gaugain (SRG Portable Shade Husqvarna) occupying the final spot on the podium. The overall series points are now very close with only five points splitting the first four competitors.

At the end of the day there was great racing across all the classes with a lot of tired bodies and many great stories to be told of the deep, rough sand to the end of the endurance race.



Pos.	No.	Name	T. laps	Diff. with leader	Best lap	Model
1	30	Sune Schaffler	5	-	26:27.455	KTM
2	255	Victoria Northway	4	1 Lp.	27:50.673	Honda
3	43	Kylie Slowe	4	1 Lp.	28:56.579	KTM
4	64	Dana Miskulnig	4	1 Lp.	31:15.002	KTM



TRAVEL + ADVENTURE

STEPS TO ENLIGHTENMENT

A trip up Stairway to Heaven

Words By: Sean James

Photos By: Paul Walley

“The mind can control the physical body by causing animal spirits to flow through the nervous system”.

This month we get all philosophical as we look back on an adrenaline pumping trip to the Bedouin steps of Stairway to Heaven where it was definitely will power that helped push our bodies up when our minds were not so sure.

Most tourists come to Dubai for a week on the beach, a jeep safari in the desert and even a dhow cruise around Musandam. Many, even residents who live here don't really appreciate the rich history of the region. And they certainly haven't ventured out into the beautiful landscape that reveals a completely different view. Part of this history includes the Bedouin people. Only 40 years ago, the region and its people would be unrecognisable to us. The trading routes that the Bedouin built, maintained and used to connect villages in the mountains still exist today and it is those trails that hikers continue to enjoy.

This article will look at probably one of the best and most daunting trails in the region that combines all that the UAE has to offer. It is of course Stairway to Heaven and has an infamous reputation. There are many stories and in a small community, they get exaggerated and told over and over. Like all mountains, it has its dark side. Some have run up, round the canyon rim and down again in about four hours. But for most, even if their



The start of the Bedouin Steps

navigation is good enough and they can find the correct path, their day on Stairway will start in the dark and finish in the dark. A total distance of around 16km with an ascent of over 2,000m will take approximately 12 hours. At times, you will cross in and out of Oman as you follow the UAE-Oman border around the canyon rim. If you have left your mobile on, frequent welcome messages from telecoms providers will remind you that people are watching.

Stairway to Heaven is not the natural line up this steep cliff. There was no path here before the Bedouins decided to wedge timber into cracks and pile rocks to form steps. The early Bedouins forged this path through

an impossible looking cliff in what was the shortest way from the sea to the high plateaus. These plateaus are now part of Oman and set at an elevation of over 2,000m. They are cooler in the summer, good for growing crops because of the rain and were also a hideaway for the coastal locals when invaders approached.

In recent years, for a number of reasons, parts of the route have been significantly upgraded. The Bedouin steps that you see in all the pictures have been left untouched. Workers have spent months creating steps on the initial section, adding trail markers and from the start of the descent from the top village. For some, this has taken away from the original adventure. Maybe it was necessary due to the number of accidents that were starting to happen with increased traffic. In a progressive society like the UAE, people were bound to start discovering these “secret” places for themselves and looking for the adventure they had heard a few were having. However easier access means hikers with less and maybe insufficient experience are now starting to explore for themselves. This led to more incidents and accidents. Would you know what to do or who to call if you had an accident in the UAE? Is there a mountain rescue team on hand similar to the UK or the Alps?



Following a good path



Keep close to the wall and don't look down



The successful group at the top



Getting close to the top

On the way up there are well over 1,000 ancient steps. That's 1,000 manmade steps either chopped out of the cliff or built by Bedouins that hang precariously to the cliff face.

Stairway to Heaven is definitely not the most dangerous set of steps I've ever done in the Arabian Peninsula. That honour must go to a series of ledges or rather crawls in Musandam. Unless you are accustomed to spotting Bedouin steps you would miss them and at first sight they look impassable. Recently I was guiding a visitor from the UK. An experienced mountaineer and climber himself, even he was sceptical. The hike required crossing a narrow ledge that was already several many hundreds of metres up in the air. The Bedouins had wedged slabs of rock into cracks just below the ledge. The only thing holding these slabs was the cantilever effect. Crawling along the ledge on our bellies looking down whilst supporting ourselves on our arms made for good pictures and many giggles after.

If you are thinking of doing Stairway to Heaven bear in mind that the way up is only a small part of the day. The longest and most strenuous part is the rim walk and then the descent. On every mountain, most accidents happen on the descent. Slight lack of focus, tiredness and a sense of the end can cause simple mistakes. Route finding and navigation is difficult on the way down and it's very easy to come upon abrupt and sheer drops in the cliffs if you take the wrong fork. If it starts to get dark and you haven't started to descend and haven't done the route before, it's probably better to call your wife or girlfriend at their brunch in Dubai and tell them you'll be sleeping on the mountain for the night! Staying put on a ledge on a steep slope is much safer than wandering a dangerous and rocky mountain.

Equipment

The type of equipment that you take on your hike will definitely affect the



Camping under the stars to get an early start

"comfortability" of your day (and maybe night). I've done the hike a number of times and once we took camping gear and slept at the top. A planned night out. This makes your pack heavier and is a totally different experience. In the hotter months, you will need to take a lot more water. Remember 1L of water is 1kg so if you plan on taking 4L for the day that's 4kg before you add food, extra clothes, camera, first aid kit, phone, walking poles... On all of our adventures at OutdoorArabia we provide equipment checklists when we receive your booking so you don't take too much or too little.

Do it properly

OutdoorArabia, the travel and adventure section of OutdoorUAE has recently started running its own guided trips. Included amongst these adventures is Stairway to Heaven. Our guides are western qualified and have experience leading groups not just in their own countries but around the world. In addition to personal skills they have been adjudged by governing bodies to be competent in leading clients on this terrain. We keep the groups small. On Stairway to Heaven, four is the maximum we will take.



Enjoying the Stairway experience

Not only does this add to the learning experience for clients but it guarantees a higher level of safety and success. In addition we require that Stairway to Heaven participants have been on a previous trip with us or that they can provide examples of the fitness level and knowledge required.

If you are interested in exploring hiking routes, then get in contact with us at www.outdoorarabia.com. We can set you a personal program to ensure that you build your skills and strength slowly and maybe one day you will do the most famous hike in the UAE.

However if you choose to explore the wonderful landscapes of the UAE, make sure you do it safely. Set your goals high, increase your skills and always be learning.



Beautiful villages on the plateau



The Honey Badger

Episode 10: Walking with lions

DIARIES

Destination:

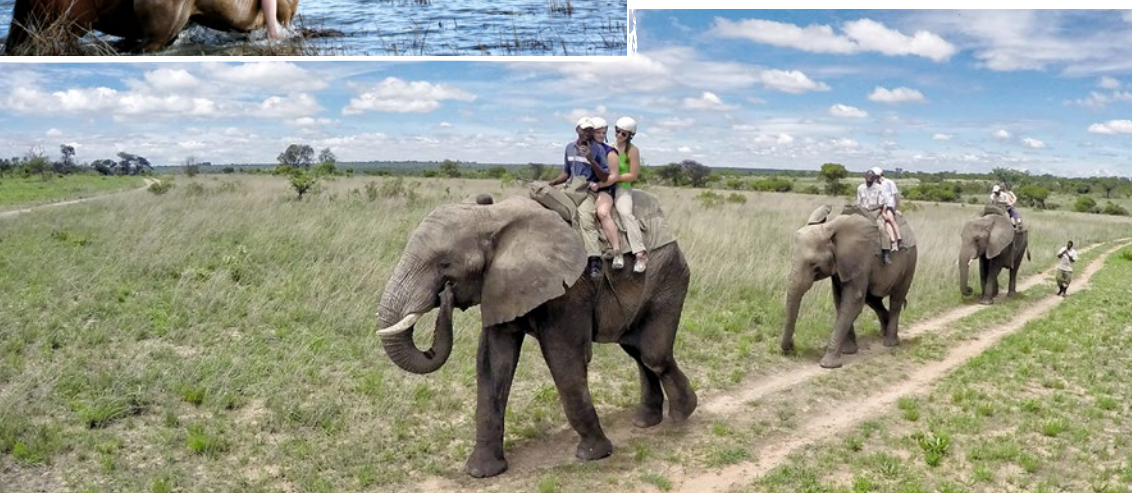
Antelope Park, Zimbabwe

Having anticipated a fairly lonely Christmas and New Year's volunteering experience, we arrived at Antelope Park to be greeted by 15 other volunteers – and what a great group they were too. After our induction on the first day we were itching to see the lions, a central part of the programme which aims to start reintroducing lions into the wild over the next 12 months.

Our first introduction was a lion walk – yes, walking in the reserve alongside these massive beasts. The aim of the walks is to give young lions (currently 18-21 months) an opportunity to stalk and hunt prey.

The next part of our induction was to include an elephant interaction. Despite previously volunteering in Thailand to help abused elephants, neither of us had ever come close to African elephants outside the safety of the Honey Badger. They are enormous. The day culminated with an elephant ride which was to end in tears for a couple of volunteers and a big bruise for one of the handlers. One of the female elephants decided to ram her tusk up the male elephant's backside making him leap forward and leave Britta, Erin and Emanuel in mid-air, plummeting to the ground. Falling off a horse is painful, but these beasts are twice as high and poor Britta had to spend a night in hospital to monitor her concussion. All are now fine, including the elephants.

We soon realised that two weeks was not going to be enough time in this awe-inspiring place, so we extended for another week before we had to head on to Victoria Falls. A typical workday as a volunteer includes a lion walk in the morning with the older cubs, then cleaning the enclosures of the adult lions (not for the fainthearted), repairing enclosures, cutting grass, or cleaning elephant Bomas (enclosures). After lunch we would help with behavioural enrichment, which is basically making elephant poo or meat toys for the lions to keep them entertained in their enclosures, or our absolute favourite activity: looking after the five-month old cubs who lived directly opposite our room. The afternoon would usually end with another lion walk or





assisting research in the enclosure where lions are being prepared for release back into the wild.

Christmas day was a little different to normal, but a lot of fun. We started with a service and carols in the bar, and then visited a local orphanage which is supported by African Impact volunteers. We fed the children who then surprised us with some interesting local delicacies including chicken feet, roasted peanuts, sadza (a maize-based staple meal which tastes similar to mashed potatoes), and mopane worms. James was delighted that Mira lead the tasting whilst he watched on having lost his appetite. We then returned to Antelope Park for another fantastic meal before settling into the celebrations with a round of Secret Santa and several other party games such as 'Stump' which saw us through to Boxing Day.

Having dragged ourselves out of bed the following morning, we prepared for an over-night horse safari. We started with a riding lesson where James showed off by cantering around and attempting some jumps on Laser. We sadly have no photos of him landing on Laser's neck after clearing a questionably large jump.

A horse safari is a great way to see game in Africa. Whilst the animals tend to be afraid of cars, they do not feel threatened by horses. We were able to get very close to some relaxed impala, wildebeest, marabou stork,

zebras and an acacia munching giraffe. The first day ended with a sunset swim on horseback. A first for both of us and an exhilarating experience which certainly cleared the cobwebs from the preceding night. We then settled down next to a fire for a three course meal and an impromptu birthday party for Graham, one of the volunteers. Sore heads were remedied the following morning with another swim on horseback before returning to the stables.

With no time to rest we quickly headed up to the main lion enclosures for meat preparation. We had heard from other volunteers that this can be a horrifying experience. It was, although we did get used to it after a while. Every Saturday the adult lions, which form the majority of the 110 lions at the Park, are fed a large meal. Their food is a huge cost to the Park and consists largely of cows, donkeys and the occasional wildebeest. They eat everything apart from the bones. Meat prep therefore includes a range of activities from dragging whole cows into enclosures, to throwing donkey heads in, sorting through guts, which tend to split when you pick them up (yuck), and even the occasional foetus from cows which die of natural causes in neighbouring farms.

Once the meat is in place the lions are released from their smaller management enclosures and gallop towards their food. The dominant lion lays claim to his meat in a flurry of 3-4cm claws and teeth. It is important to see who the dominant lions are because they can then be selected to breed cubs for subsequent release into the wild. After 10 years of painstaking research and trials, the first cubs are now ready for release. Assuming the charity can raise sufficient funds, this will happen within the next 12 months.

Lion feeding was followed by a game of polocrosse, a brilliant combination of polo and lacrosse which is easy to pick up and a great adrenalin rush.

New Year's Eve followed several days of torrential rain, which must have been disappointing for a couple who were married in the Park that day. We celebrated at a new venue next to the polo field where we quickly forgot about the weather outside. The resident DJ "Overdose" put on a combination of western and local shona music which was enough to get everyone on the dance floor.

During our final week we decided to visit the Drop-in Centre in Gweru, which feeds



and advises local street kids up to the age of 18. The Drop-in Centre is supported by ALERT and is helped each day by volunteers from Antelope Park. We spent time cooking sadza and dried fish and spent most of our time getting thrashed at football by the boys.

This has to be one of the most memorable experiences of our whole trip. We were far from disappointed when the Honey Badger's clutch plate broke and we needed to stay on for three more days. We were also rewarded with a walk with the young cubs which we will never forget.



A key part of Mira and James' trip is fundraising and volunteer work and they are currently teaching nursery school children in Zanzibar. If you are interested in helping them to achieve their target and make a difference to African communities and wildlife, please spread the word or donate using the following links:
To donate: www.gofundme.com/thehoneybadgerdiaries

If you would like to follow their journey through Africa and see more photos, recordings and videos:

Website: www.thehoneybadgerdiaries.com
Facebook page: www.facebook.com/pages/Honey-Badger-Diaries
Instagram: [@thehoneybadgerdiaries](https://www.instagram.com/thehoneybadgerdiaries)

MYSTICAL METEORA

Petzl RocTrip Basecamp 6

Words + Photos By: Read Macadam and Tara Atkinson

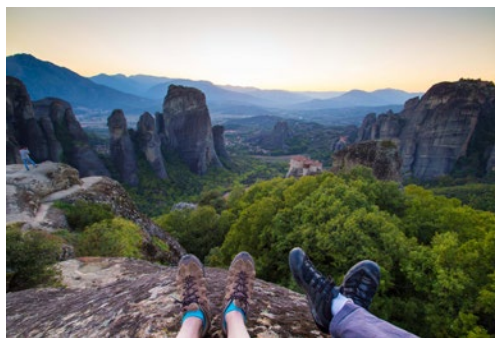
Giant grey monoliths loomed in front of us, rippled and undulating, as our car zigzagged down the windy little country road into Meteora, Greece. The towers seemed alive like a herd of giant elephants as shadows played across their conglomerate hides.



We entered a mystical landscape where for many hundreds of years Orthodox Christians have sought refuge and meditated on the isolated summits of the conglomerate towers that rise up, 200m from the plain of Thessaly. The earliest ascensionists are said to have climbed to the top with wooden or iron spikes, driven into the rock in order to secure ladders to progress upward. Later they built monasteries on the summits, accessed only by a rope and pulley. When asked, "when do you replace the ancient hemp rope?" A monk is said to have replied "when it breaks". The monks continue to live by their ascetic ethic and a climber might say that the climbing ethic is also ascetic, as we found out.

From our basecamp in Camping Kastraki we were within walking distance of the rock. Thumbing an archaic guidebook, pages worn with the hue of waxy tobacco,

we were astounded by the number of routes yet unable to decipher the German route descriptions. Luckily, that night in front of the Petzl caravan we were enlightened by Aris Theodoropolis, the Greek guidebook king and so we found a copy of his new guide with the select best crags of Greece. After a 30-minute delay, ogling photos of beachside crags with 40m tufas snaking to azure beaches on the Peloponnese peninsula (hint: the Greek mainland is a major and untapped global destination), we remembered where we were and found the perfect intro to Meteora.



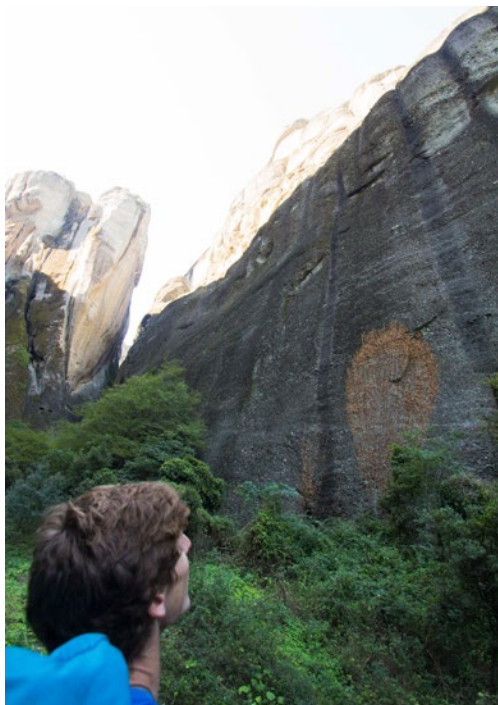
Gordian Knot is a 40m high thumb of twisting conglomerate stone, 10m at its widest point, set at the forested intersection of four much higher monoliths. At first glance it appears as if you could push the tower right over, the base is so skinny. The conglomerate hide of the towers is a unique feature in the climbing world. Pebbles as small as you can imagine and stones the size of your head seem to be temporarily glued into the soft sandstone bedrock, with up to 70% of their bulk hanging in the air.



As I set off into my first climb it seemed harder than the listed grade. The pebbles are all downward sloping and there is no confidence inspiring friction to rely on. Gingerly weighting the pebbles, trying my best to levitate rather than actually pull down on the holds, it occurred to me that each climber must have the same thought as they embark on their first climb in Meteora: "which one of these pebbles is going to hold?" Eventually, though, you have to believe, to have faith that the pebbles you choose will stay solid, as the monks of old must have done on their quest for spiritual enlightenment. Eventually, though, I found my groove and danced, moving over the stone thoughtfully, picking out my next hand and foot placements, momentum building.

It ended too quickly and, from the top of the tower, I could see climbers on higher routes all around me. I needed more. The next day with Guilhem, and our memory





of adventures on the run-out soviet test pieces in Vratsa, Bulgaria, we set off to the base of the Orchid tower. Unfortunately we were not the only people inspired by the perfectly straight overhanging orange streak – that is one thing about the Petzl RocTrip: it is a little busy – but with so much other rock within view, it was no problem for us to find something with no one chasing us from below, or loosing cobbles from above us, to enjoy.

Around the corner we went, into the shade. The first route appeared in a mossy, cobweb woven corner. Perfect! No one would be looking for this climb. Actually it looked like no one had climbed it for ages. I set off, inspired by the first few bolts being reasonably spaced. The climbing style is engaging in Meteora and any of my own cobwebs from the morning were immediately swatted away by my urgent need to select from the array of mossy and small cobbles luring me up. I am enamoured with the constant need to move upward in

Meteora. It is as if I was compelled upward and the now growing distance between each bolt was irrelevant. I was completely captivated by the game of selecting the best cobbles to propel me up, linking my own inevitable tic-tac-toe up the wall, immersed in the meditative movement.

I did not want to stop as I neared the first belay station so I continued upward. Again at the second, I was engrossed with the climbing and felt it would be poor etiquette to interrupt the motion, the energy I was feeling. I clipped it and continued on. With an 80m Petzl Volta (thank you Petzl!) there is no need to stop every 25m at the original belay stations. I ended up climbing 70m – half the route in one push, using just half of the 20 quickdraws I had taken with me. From the belay I could see Tara taking photos from the ground.

Guilhem levitated up the second half of the route, again linking three pitches into a mega 70m adventure and together we scrambled through the bushes into the sunlight of the summit. Each tower with climbing routes in Meteora contains a summit register, a little notebook encased in a protective steel case that is bolted to the rock. This summit register had a spoon welded to the case – an inside joke from another time and we chuckled at the possibilities for that joke and together opened the perfectly preserved notebook. It looked new, albeit in a dated style. Only the first dozen, small pages were used so we logged our names and a few notes and flipped back through the pages, realising that this route had, in fact, only been climbed infrequently. The first register was from the first ascensionists in 1984; only a couple of dozen other ascents were logged – German, French, Canadian and other international climbers penciling in their names to history.

The view from the summit is entrancing. Bright afternoon sunlight played mottled shadows across the pebbly stone towers surrounding us. Climbers, like ants on a tree, ascended towers in front of us and the monasteries towered proud on the highest peak in the distance. Again it seemed as if the rocks of Meteora were alive, the discoloured water runnels like the rippling sides of grazing elephants. Wild. We packed up the summit logbook and headed down – there was still daylight for another route!

Abseiling down I was struck by just how dirty the rock was – unclimbed until that day it seemed. Covered in lichen and black moss, it gave the cobbles an extra sense



of friability. In my propelled headspace on the way up I had casually selected the best cobbles to climb on and seemingly filtered out the reality. An interesting reflection.

I find the climbing in Meteora addictive. With the spiritual landscape and not having to stop and clip often; the climbing is totally absorbing. We set off on a five pitch 7a in the evening light prepared with our head torches on our helmets in anticipation of nightfall. At the third pitch, Guilhem climbed out from our comfortable cave belay in the dusk. This pitch, the first crux of the route, had some of the smallest eggshell-esque cobble stones we had climbed on so far. Delicately he inched upward, but halfway up the route could not see the next bolt. It is one thing to spot far off bolts in the daylight, camouflaged among the cobbles, but at night it is pretty near impossible, and after some tentative moves up and down he decided that it's just wasn't happening.

My turn. As I climbed up to Guilhem's last clip, with only a single ray of light emanating from my helmet, I looked down and noticed a lone viewer on the street,



Shot from below as Guilhem heads up the five pitch 7a



First climb of the day. A view from the top as we reached the log book





bridge is my favourite sport crag - Pyli. I climbed there seven years ago, also in the rain and managed to climb almost all of the routes on the upper wall with the exception of just a few. Something about the setting really attracts me to the place and fuels my climber's spirit. The smooth and wide ancient plane trees, with their leaves cushioning the dry, stony creek bed create the backdrop to the climbing itself, which is fantastic – endless grey tufas snaking up rosy hued limestone.

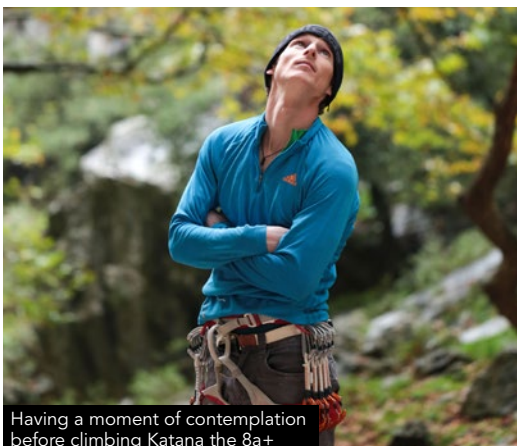
With Tara and Guilhem we laughed at how hard it was raining outside of the shelter of the cliff. Each of us climbing with giddy energy. "Just a game". The whole day one route – the single route that I had not yet tried on the cliff – stood out for me – Katana. A single tufa expands into one giant black blob, like a gritty inverted half pipe sticking out from the wall. It's just a game, so I set off to play.

One of those moments when my head cleared, the method I had planned from the ground seemed to be perfect and I flowed up. There was no hesitation in my movements so I passed the first crux on the sloping half pipe and found myself at a good rest below the steep upper head wall.

standing solitary under the street light observing us. Just then I hollered to Guilhem that the only way to find the top of this pitch is to climb upwards. Upwards and into the dark I went. Higher and higher and still no sign of that bolt. Eventually, after some 6m of gripping climbing on tiny little pebbles I found a bolt and then the pitch's anchor. With a sigh of relief, I secured myself and prepared the belay for Guilhem to come and join me. From there we were able to abseil down to the hollers of the curious passerby below, "Are you OK?!" We laughed. We were great!

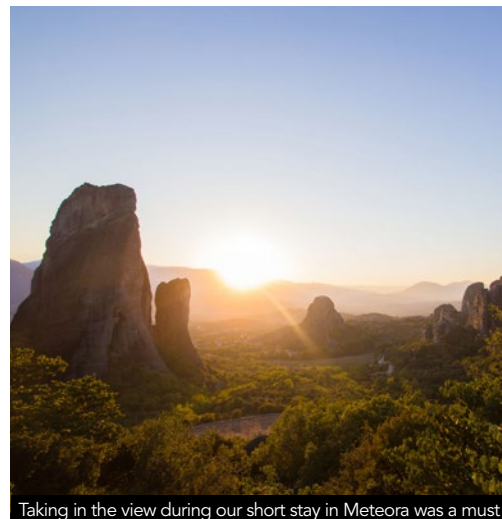
That night we were entertained by a Nina Caprez and Cedric Lachat's story and photos of Orbayu – one of the hardest multi-pitch climbs in the world. Nina's anecdote of receiving a text message from a friend during a really intense period of self doubt and reflection of whether she would succeed to climb Orbayu resonated with me afterwards. "Don't forget, it's just a game". Climbing, that is.

We awoke the next day to the pitter-patter of raindrops tapping our tent. From camp the towers seemed cloaked in mist. Not climbable. Not a problem. Within an hour driving from Meteora are two very high quality limestone sport climbing crags. Tall and steep enough to stay dry, even during a downpour. Up in a dry creek bed, beyond an ancient 15th century stone



Having a moment of contemplation before climbing Katana the 8a+

Looking up, I knew without having to think about it that the final section to gain the chains would be hard, and I also knew that I could not see any holds up there, nor



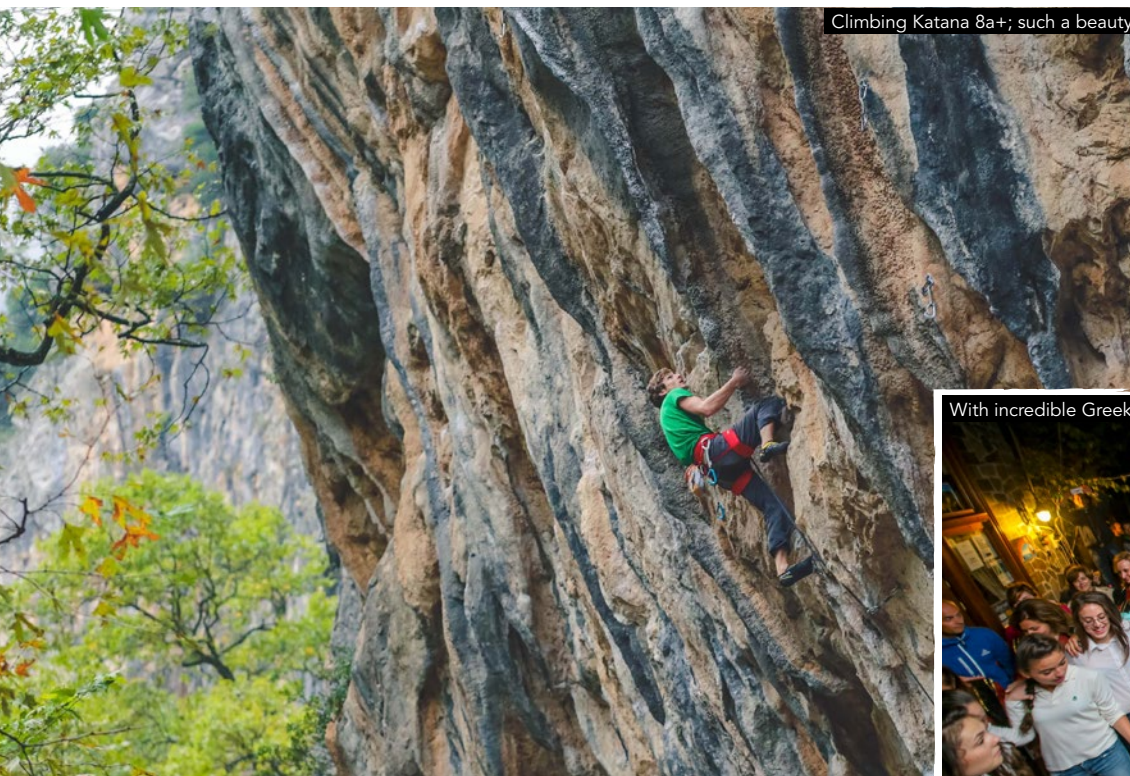
Taking in the view during our short stay in Meteora was a must



did I from the ground. Coming from the committing and bold climbing of Meteora, where there can be no doubt, only focus in the moment, (like I did the night before 6m above my last bolt in the dark). The only way was to try, to think fast and remain focused, without doubt for the sequence of movements I would have to eek out in the moment. The holds were far apart, my arms at full stretch, but they were good. Now, a distinctly chalk covered area indicated a crucial hold far up and left, so I put my feet up high and let fly, grabbing a poor sloping edge. An involuntary barbaric grunt passed my lips, sending any negative thoughts back down. They have no place here. One more move; just one more. Then I was on another good hold and clipping the chains. This time a holler; voluntary. I had climbed my hardest route of the trip and a beauty, first try. Katana 8a+.

We celebrated back at camp.

A traditional Greek dance troupe had the Petzl team bouncing in circles after a banquet dinner. At breakfast the next morning we still saw late night revelers returning to their tents, but we had to head out. There was a ferry to catch the next day!



Climbing Katana 8a+; such a beauty



With incredible Greek hospitality, the Petzl party continued late into the night

[illegible]

LIFESTYLE

AU NATURAL:

How to lead a healthier outdoor life

Words By: Ivana Chiles

GARDENING

Plugging into nature always offers people the clarity of mind they need to achieve a balanced life. Experience and harness what nature offers. Join me on a journey to become a passionate gardener ala "Earth Healer" and contribute to continuity on this planet. It is a wonderful experience to watch things grow and harvesting your own fresh herbs and vegetables is a delight. Your salad will not only taste delicious, but you will also be able to enjoy vegetables and herbs at their peak nutritional value.

In this issue I will be sharing my passion for gardening and give you few tips how to start your own little garden, even if you live in an apartment. I will look at some great herbs and give you some amazing tips that all lead to a healthier lifestyle. Next month, I will continue the gardening theme and look at delicious vegetables that you can grow and harvest yourself.

Audrey Hepburn said: "To plant a garden is to believe in tomorrow".

If you have ever considered doing a bit of gardening here in UAE, but somehow never got round to it, now is the perfect time. The weather is still cool and you will be amazed how fast the things grow in this climate. In fact, I call it "fast track gardening". Herbs are a simple and easy way to add edible plants to your garden. And they grow well in containers and the ground.

WHY GARDEN?

There is nothing more rewarding than having your head in the sun while your hands are in the ground. Watching plants



Ivana with her husband Darryl in her parents' garden.



It is always a great idea to mark your pots or vegetable patch with markers mentioning the name and the date you had put the seeds in. If you cannot find them in the shops, make your own ones like me. I used old oil torches, jute string and foil.

grow and participating in the wonders of life is something we should all consider as a part of daily life. It is rewarding on all levels.

It is an activity, which can exponentially increase your happiness and bring stronger health, vitality and spiritual practice.

Gardening is like a meditation to me. I feel blessed to have been brought up on a small farm in Czech Republic. From early childhood I have been able to experience an abundance of fresh organic fruits and vegetables. My parents have always been passionate gardeners and my mum would grow pretty much anything from flowers, herbs, tomatoes, peppers, potatoes and even beetroot. The problem was, that she ended up harvesting everything alone, because the rest of us seemed to be too busy with other activities. I have never really appreciated how hard her gardening job was and why she would always get so upset when we would accidentally damage some plants while playing. She has never given up though and I am so grateful for that.

Since I have moved to Dubai, I make sure that I take an empty suitcase when I go home, so I have enough space to load up on all delicious veggies, homemade pickles and marmalade. It is difficult to explain, but the taste of something grown with passion, love and tons of hard work is unimaginable.

After all those years being away and missing mum's fresh fruits and vegetables, I decided to give it a go myself. I started off with a small herb garden in pots, added some indoor tomatoes but soon realised, that whatever you grow, you need to look after it. It is the same with any other creature. You give it the right food and nutrition and you will be rewarded with healthy plants and vibrant health for yourself.

Here are some tips how to start your own garden and at the same time treat nature with integrity.

WHAT TO CONSIDER?

Seeds:

It is essential that you look for a good quality seeds. There are three kinds of seeds available on the market. Heirloom is the seed that is produced through open pollination by natural means meaning that plants are like the parent of the seed. Although not disease resistant, these are the best seeds you can use.

About 99% of the seeds available in UAE are so called hybrid, meaning that the seeds were produced by artificial cross-pollinating.



Biodegradable pots are ideal for plants like cucumbers and tomatoes, which you will need to replant later. The roots will not get damaged and the plants have a better chance to survive.

They will provide better yield and will be more disease resistant, but nutritionally the potential cannot be considered as good as from heirloom seeds.

The third type of seeds are GMO seeds, which I strongly recommend you avoid. The seeds have been produced by artificially altering their DNA with unrelated genes. The result is an artificial plant, which could cause hormonal havoc in your body and diseases.

I recommend that you test all seeds by germinating a small amount on a wet paper towel, because you want to make sure that they are worth planting. If they are, then go ahead and prepare the soil and place the seeds in, according to instructions on the packet. It is also a good idea to keep the pots with seeds in a shade for the first few days and once you see the plant coming out, you can slowly introduce some sunshine. If you plan to repot any plant, remember to water the plant properly and do that in late afternoon, as the plants become weak with sunshine during the day. The cooler night temperatures will give them time to recover and they will become stronger.

Soil:

Leave the soil in better state than you had found it! You can make your own good quality soil by mixing 1/3 of potting soil with 1/3 of sand and 1/3 of compost.

Turn your kitchen waste into an organic compost soil conditioner. If you have not started composting, I recommend you get yourself a Bokashi bin. Using a specific group of microorganisms to anaerobically ferment all food waste, you can throw in everything from your fruit and vegetable waste, egg shells, tea, coffee and even meat and dairy. You will be rewarded by good quality composting soil and a precious juice full of microbes, which you can tap about



Four weeks old coriander planted on the side of vegetable patch to prevent bugs from coming in.

two times a week from the bottom of the bin and use it as a plant food. The juice has to be diluted before using in your garden or on your indoor plants. I was shocked what a difference it had made to my plants since using it. Bokashi bins are available from selected dealers in UAE, so don't panic!

After you have mixed all ingredients for your planting soil, it is a good idea to wait for about a week to make sure all nutrients have been well integrated and microbes have time to work.

Good pots:

There is a huge selection of pots in stores, but be aware that thick, ornate ceramic pots will get very hot with sun and you will have a hard time keeping your plants hydrated. Try to look for non-toxic unglazed terracotta pots, which will keep your plants cooler in summer and warmer in winter. They are not easy to find though.

Organic fertilisers and totally clever gardening tips:

I have already mentioned Bokashi, but there are many more options for you.

If you wish to add minerals, you can use my good friend Epsom salt. Not only will it work great in soil, but it is also the best thing you can add to your bath when you are feeling sick or after travelling. Epsom salts draw toxins and radioactive compounds from your body and everyone should have them in their bathroom! They are available in pharmacies all over UAE, even though, annoyingly, in very small containers.

Crushed egg shells are great for soil that is deficient in calcium (tomatoes need calcium rich soil, for example) and believe it or not, you can make an herbal remedy for your plants like I do. You will need a large bucket filled up with water and can soak all sorts of herbs in there. I use nettle, chamomile, raspberry leaf, dandelion and elderflower. You will need to cover the bucket with a cloth and place a rubber band around. You need to stir it once a day, keep it in a shade and preferably in the garage or front garden, as it might attract some flies during the first few days. Your plant homeopathic remedy will be ready for use in just one week. You will need to dilute it with water (50/50) and add it to your plants every 2-3 weeks. Rudolf Steiner, the founder of biodynamics would be proud of you, trust me!

Here is another tip. Next time you cook or steam your vegetables, don't pour the broth down the drain. Instead, let it cool down and give it to your plants. The broth is full of vitamins and minerals and it would be a total waste throwing it.

Herbs:

Start your gardening off with a small herb garden. It is always a good idea to do a bit of research, as some herbs and vegetables are easy to grow and look after, while others need more attention. I recommend you start off with basil, thyme, rosemary and mint. The fact that you can add them to your cooking will encourage you to look after them.

Allow about 4-6 weeks for each of them. Herbs are excellent in your vegetable patch,

as they keep the insects and bugs away. The perfect example would be basil planted along with red chard and spinach. Basil also grows fantastically next to coriander. If all of the above still seems too complicated, simply buy some watercress seeds, throw them into a shallow container filled up with well watered soil and in four days you will enjoy its profound taste and an abundance of vitamins. Hippocrates, the father of medicine considered watercress "the cure of cures" and built his first hospital near the river where he could grow watercress to help treat his patients.

Watering:

The way you water your plants will influence the development of the root structure and overall strength of plant.

Ideally you should use rain water (unlikely in UAE) or get a large watering can, fill it up with fresh water and let it sit for at least 24 hours. This will ensure, that chlorine present in tap water will settle down.

If you provide your plants with too much water, the roots will not need to make an effort to reach deeper into ground for moisture and will become shallow. This could be crucial in case of draught, heavy rains or wind. The deeper the roots reach, the more stability the plant will have and the stronger it will become.

While it is understandable with a bigger garden to build an automatic irrigation system, be aware of the above issues and keep an eye on the amount of water used, particularly with raised beds. Too much water will result in rotting of the roots and possible early flowering in crops like lettuce, spinach or kale.

Organic weed killer:

So now you have your plants in the ground, you have put a tremendous amount of effort and energy into them and suddenly you find bugs. This is the nightmare of every gardener and the sooner you deal with it, the less damage the bugs will cause. Here is a recipe for natural bug killer. It does not necessarily have to work for all bugs, but you should at least try before reaching for any nasty pesticide spray. I find, that people don't realise, that once you have sprayed your herbs or vegetables with any sort of pesticide, it gets absorbed through the cell structure of the plant literally everywhere, including the roots and soil. And there is no way back! Remember, you should always leave the soil in the better state than you had found it! Be a mindful gardener.



Raised beds with our nine weeks old cucumbers, peppers, red chard, kale, broccoli, spinach, rocket and herbs.

Natural bug killer:

1 tsp cayenne pepper
The seeds of the hottest chili pepper you can find
1/4 cup olive oil
1/2 cup water

Optional: a dash of washing liquid
Blend all ingredients (except washing liquid, if you are using one) in a blender, place in a spray bottle and spray effected plants, ideally in the evening.



It is an absolute pleasure to watch things grow and have these two-month old leafy greens and herbs in everyday salad.



Ivana with her cucumber harvest.

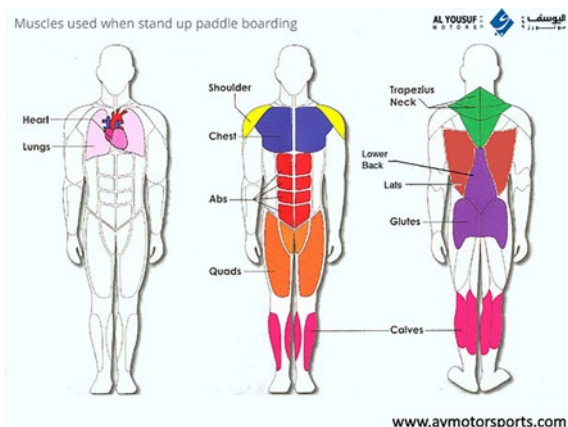
Treat your plants with love and care, learn from your mistakes, so next time you will get it right. Just like me. You can find some more tips and links on my website www.ivanahph.com or follow me on my Health Powerhouse Facebook page for some more gardening tips, delicious recipes and natural cosmetics.

Ivana Chiles has been living in the UAE for almost 15 years. Her passions are nutrition, healthy cooking and gardening. Ivana is a certified health coach, member of American Association of Drugless Practitioners and also a keen outdoor enthusiast.

Stand Up Paddling (SUP) and our body

Paddle boarding is a great all over body workout. Head to toe, every muscle is engaged in balancing on the board or during the paddle stroke with the bulk of the effort being done by the body's core muscles. As the name suggests, the core muscles are integral to the support and function of your whole body. A strong core is a strong body.

"It feels like you're standing on an exercise ball, swimming and cycling at the same time!"



UAE coasts are highly encouraging to SUP riders with calm water and windy weather. You will see bunches of SUP riders every morning when you pass by Dubai beaches.

Sailors, kitesurfers, windsurfers and even surfers have joined in the fun due to the complimentary nature of paddle boarding. When the wind is too light or the waves are too small, paddle boarding gets you on the water to have fun. It also keeps your body in shape. Stand Up Paddling has also become a go-to sport for athletes to cross-train because of several key benefits of SUP:

- Full body workout from head to toe
- Balance, strength, endurance, coordination, flexibility and core stability
- Cardiovascular workout
- Low impact
- Outdoors
- Above all, it's a fun workout!

Day by day, the world is going to be much aware about this sport and also manufacturers are inducing new technologies on their upcoming models. When you talk about water sports then with respect to quality and reliability, Jobe Sports will first click to your mind. As Jobe Sports always introduces new technology with new specification to make more effective and maximise comfortable level. They offer two types of SUP boards, first one is inflatable and second one is hard shell SUP boards.

As in 2015, SUP riders' eye is on Jobe Sports new Bamboo SUP (different lengths). The Bamboo is our most family-friendly board; anyone can ride it. This flat water cruiser is made from ultra-durable yet light weight EPS foam, so its substantial girth doesn't translate to weight at all. This board transitions from a single concave bottom at the tip and double concave in the tail. In combination with the quite large flat area this provides tonnes of stability. Its feather-weight status is also because of its bamboo layered construction.

You don't need to be an athlete to benefit from the amazing workout paddle boarding provides, it is available to everybody of all fitness levels on all bodies of water. Lakes, rivers, right through to the open ocean.

With paddle boarding everyone can go out enjoy a full body workout and have fun while doing it!

Al Yousuf Motors always encourages every sports enthusiast. **Al Yousuf Motors** invites all the athletes and sports lovers to our showrooms across UAE to check the



2015 collection of Jobe SUP boards and also for complete water sports accessories.

Safety first:

Stand Up Paddling is one of the effective sports so it is always highly recommended that you should choose quality products such as Jobe Sports through the authorised dealers such as **Al Yousuf Motors**, where not only quality is good but you can also find their price very competitive, above all, you can find Al Yousuf showrooms throughout UAE.

Please contact us any time for any water sports assistance. It will be our pleasure to assist you.

Email: saferride@alvousuf.com;
Contact number: +971 50 3790737



HABITUALLY HEALTHY

The Cycle Bistro Energy drink



Words + Recipe By: Chef Christopher Zerbe

Well, it's now officially one month into the New Year! Only 11 more months to go till 2016! During this time of year back in '09 or so, there really wasn't much going on in the way of sporting events here in Dubai.

However, in the last year or two, I've noticed a drastic increase in endurance sports competitions not just here in Dubai but in the entire MENA region! I think that it is fantastic to see newbies and professionals alike gearing up for the triathlon season or the duathlon series, the TT races and of course the training that goes along with it. How does that affect someone like me you might ask? A simple chef who just cooks food for a living? Well here at The Cycle Bistro, I spend quite a bit of my time helping athletes achieve their goals with their respective diets. Whether they are Paleo eaters or not, I'm always whipping up something that resembles the store bought energy or recovery products, but without all the terrible ingredients and the stomach aches that go with them.

For example, I still cannot understand why



an "energy bar" needs to have 37 ingredients? Or, why does one need a "powdered" protein shake? Regardless of how busy you are, putting one tenth of the time you invest in training into preparing wholesome and nutritious meals is worthwhile in terms of your wellbeing and performance, as well as being cost effective. So if you are gearing up for a training ride for that upcoming Challenge Dubai or just out for a 4km swim for fun, you need the fuel to keep you going.

For a 750ml sports bottle (approx. 750 calories / 256g carbohydrates)

Ingredients	Amount	Notes
Coconut water	500ml	Use your favorite brand, but make sure it's unsweetened
Bottled water	200ml	Will help with hydration and adjust the final viscosity to your taste
Fresh whole local dates	10 pcs	Power-packed with energy and plenty of potassium, magnesium as electrolytes
Sea salt	1 healthy pinch	Nature's own electrolyte! (plus it brings out the best in flavour)

Place all the ingredients into your blender (be sure to remove the stone from the dates). Blend till smooth and adjust with the bottled water. Now strain through a mesh sieve to eliminate the excess fiber and smooth it out. Store in your bottle in a refrigerator until you're ready to use. This is enough for a 3-5hr training regimen if paired with a few of The Cycle Bistro Energy Bars! (Recommend one bar per hour)

Here's a recipe that usually I keep to myself but I think that everyone should know it. This recipe is for a calorie packed energy drink that is not bright fluorescent in colour or full of ingredients you can't even spell or read. Give it a try, I know our own triathlete Luke Matthews of The Cycle Hub can attest to its power packed goodness. Bring back the whole food nutrition and dump that pre-made powdered nonsense. Give your body not just what it needs, but what it deserves!



Luke Matthews of The Cycle Hub in first place

The Cycle Bistro

GPS location:

Latitude: N 25° 02.792
Longitude: E 055° 14.384
Phone: 04 425 6555

Reebok  CrossFit

 LifeSpark

Thriving!



DISCOVERING A WONDERFUL WILDERNESS

Words + Photos By: Dan Wright

Natural History – A series of articles to help you get started exploring the Natural Environments of the Arabian Peninsula and the UAE.

I arrived in the UAE in 2008, having taken a contract to work as an instructor on a newly established citizenship program. We were taken straight off the airplane and whisked into the concrete jungle of Abu Dhabi. I wasn't complaining though, far from it! Our accommodation was in the Hilton Apartments on the Corniche and I couldn't believe my luck! Just a few weeks before, I had been working as a canyoning guide on the Tibetan border in Nepal and living out of a backpack in a small dome tent. Now, I was living in a five-star hotel eating smoked salmon and scrambled eggs for breakfast. Yes, despite just having left the Himalayas I was still going up in the world!

This monthly column is aimed at sharing with you the wonderful wilderness that we are living in. I will aim to cover specific areas of Natural History relevant to the UAE and Middle East and I will suggest trips you can go on and nature walks you can take your families on to explore the Emirates more. I'll take a look at different topics each month for example; mammals, birds, reptiles, insects, geology, deserts, mountains and many more.

I will also give you suggestions for how you can go out and study these yourselves or with groups. The subject of Natural History should be one that everyone can follow themselves through observation in the field of plants and animals in their natural environments.



Students exploring Wadi Al Hayl

THE WHOLE WILDERNESS OF THE UAE

The diversity of Natural History in Arabia and in the UAE is huge and many people simply

aren't aware of how many interesting things there are to discover and fascinating places to see outside the big cities. All too often people arrive here and become immersed in work during the week and then attracted by big city activities like shopping malls, cinema and theme parks at weekends.

There are however many different environments for you to explore here. From Dibba to Kalba there is the Indian Ocean coastline which is pretty much untouched and unspoiled. It is a great destination for divers and snorkelling. Families can camp on the beaches and use them as a base to go off exploring from! As you move further inland from Dibba down to Hatta on the east coast, and RAK to Masafi on the west coast and central you find the Hajar Mountains are full of wadis to explore. Of particular interest in the wadis might be the natural water pools, small waterfalls and springs that you can easily reach by 4x4 and foot. Investing in a good reference guide will provide you with plenty of fun locations to explore at weekends in the mountains. If you are more interested in the desert then you can head inland towards Madinat Zayed, Maleha and Al Ain where huge expanses of sand dunes hide a myriad of interesting life like reptiles and insects. Many families especially in the winter months like to camp in the desert and this is a great time of year to go out looking for all the different species that bloom and come out when the weather is cooler and wetter. One such beautiful plant you will see all over the UAE is *Calotropis Procera* from the "milkweed family". The sap of this plant is sticky and milky white and poisonous but historically it has been used in the treatment of skin conditions and the leaves can be used to soothe burns or burned to relieve asthma. Even the underbark can be broken down into fine threads for making natural cordage.



Calotropis Procera

Around the marshes just inland from the sea in RAK, Fujairah, Dubai and Abu Dhabi you will find big areas of mangrove forests. These trees need salt water to grow and they are host to a huge variety of wildlife from native kingfishers to migratory flamingoes, small hermit crabs to turtles and even sharks! You can access these forests from viewing platforms set off the roadside and by taking part in kayak or walking tours.

The seasons are varied and if you have local friends, especially from the older generations who lived in the Trucial States before the Union of the Emirates, then they will be able to share with you a lot of the old ways and knowledge. The original nomads, fishermen and farmers of this region had to live in harmony with their environment and survive off what they could collect from the wilds and produce themselves. Life was harder and the mortality rate was higher. Even a simple of knowledge of plants that you can eat could be enough to get you through the harder months when crops failed or livestock died. The Arabic name for Sorrel is "Hamath" (see photo) and in the rainy season this grows in abundance in the wadis and mountains of the UAE. In fact you may even see locals stopping by roadsides to collect it. Why? Because it is not only delicious, the green leaves are tangy and sour like green apple skin, but it is also very healthy and full of iron and vitamin C. People today add it to salads for flavor but in the olden days it was an important source of vitamins which the body craved after the long droughts of the summer and it could be eaten as a herbal remedy for liver disease, bad digestion and constipation!



Hamath - Rumex Vesicarius

I hope that by following this series of articles you will feel inspired to leave the hotel brunches behind on a Friday and head into the wilds to camp and explore with family and friends. Species diversity is wide and as the table below shows you can expect to see a lot of different types of wildlife here on your forays into the wilds:

What to see	Number of species in UAE	Notes
Birds	100 breeding	But with migratory the number is more like 435
Mammals	36	This includes sea life like dugongs (sea cow) and dolphin
Insects	5,000+	Every year new species are being identified and added
Reptiles	51	Including turtles and sea snakes
Amphibians	2	The Arabian Toad and the Dhofar Toad
Plants	678	Terrestrial plant species including algae and trees
Fish	500+	Including sharks and two introduced fish in the mountain wadis

Please approach camping and outdoor activities in a responsible way to minimise your footprint on the environment. If you bring all your rubbish out with you and control your fires properly, then you can be reasonably sure that you aren't having a negative impact on the places you visit. It's worth making sure you are prepared in advance

you can source information on most areas of Natural History in the UAE through their "Jewel of the UAE" project on this site: www.arkive.org/uae/ar/

• **Emirates Society of Geosciences** –

This Society is dedicated to the advancement of geosciences in the region: www.esg-uae.org/

• **The UAE Government** – You can find various reference pages on the government websites relating to the history of the UAE and to the history of the region for example: www.government.ae/en/web/guest/uae-history

If any readers have ideas about topics you want to know more about please feel free to write to OutdoorUAE and I will cover your questions in future articles. If anyone wants to experience these nature hikes themselves then they can book them through OutdoorUAE and OutdoorArabia, which is a provider of adventure activities in the region.



White Collared Kingfisher 1



Male Sinai Agama



Rhino Beetle *Oryctes elegans*



Echinops - Asteraceae - Daisy Family - In Arabic Qan'a

for hiking so check out Sean James' series of articles starting with OutdoorUAE issue 44 to help you get ready for spending time in the great outdoors.



Hiking in the mountains

For those of you who want to get more serious about the Natural History here and need an information source or want to join groups of like-minded people on exploratory trips at weekends here is a list of websites and societies and their contact details in the UAE:

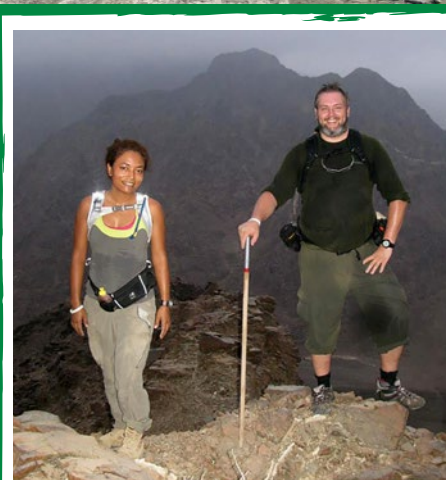
• **Emirates Wildlife Society (EWS)** – In partnership with the WWF or World Wildlife Fund (not to be mistaken for the World Wrestling Federation!): uae.panda.org/ews_wwf/

• **Emirates Natural History Group** – This has branch clubs in Abu Dhabi, Dubai and Al Ain - and produces the annual PDF magazine "Tribulus" in which members of the society submit articles on a range of subjects they are researching: www.enhg.org/

• **UAE Birding** – for visitors to the UAE who are interested in bird watching: www.uaebirding.com/

• **Insects and Arthropods** – while there isn't a specific group to join you can still access information particular to the UAE through this link: www.uaeinteract.com/uaeint_misc/teanh/016inse.pdf

• The online ARKIVE resource is an excellent source of information on Natural History and wildlife around the world and in particular



About the Author: Dan Wright is a freelance Wilderness Guide in the UAE and Asia, prior to that he worked for an Emirati Citizenship program. He has a degree in Environmental Science. Dan has been on several International wildlife and exploration expeditions with UK Radio stations and writes for a range of publications in Asia and the Middle East. His wife is the former Nepal National Mountain Bike Champion, Nirjala Tamrakar (See OutdoorUAE, issue 44, page 8). They live in Fujairah with their son Percy and spend all their spare time exploring the UAE!



MY JOURNEY

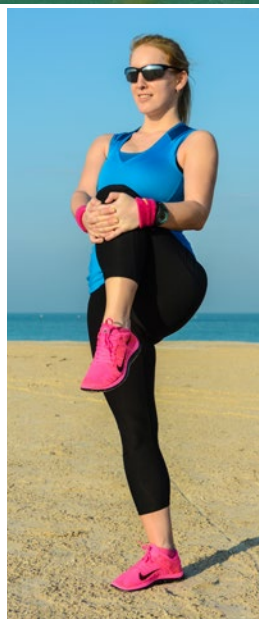
Words By: Marketa Kalcu
Photos By: Sarka Svobodova

Hello everyone, my name is Marketa and I'm 30. And for the record, I've always hated running. I found it boring, limited by weather, physically hard and uncomfortable for my body shape.

Three years ago, I moved to Dubai and had to face the climate and the lifestyle change. The lack of movement, all the sweets I had to try out led me to reaching one size bigger. I was never skinny, but I refuse to make it worse. Who would be paying for all my new wardrobe anyway?

Struggling with money and inflexible working hours, I decided to start doing something. I gave running a chance. After my first Christmas payday, I headed down to the Nike store, asked for shoes with soft cushioning that's suitable for concrete routes, got a new sports bra (for girls like me, that's actually the most important part of the starting kit) and then I hit the road.

At the beginning, I couldn't even run



100m! I was out of breath and sweating like crazy. But I kept on running as far as I could manage and then shift to a walk mode until I was ready to jog again.

A little motivation came when I saw an advert for a "3km Fun Run" at the Dubai Marathon. My friend, Aruna, convinced me that in four weeks I can train myself to run 3km if I just keep on going. So I signed up and after a couple of weeks, I managed to run 1.5km without stopping. Two weeks later, I made the 3km without walking – it worked! I realised how easily you can see results if you're continuous and disciplined in your training. I kept on burning all the extra cake calories and sweating out everyday's troubles.

After this short race, I tried a few 8km and 10km road races including the 10km at the Dubai Marathon. And this year, ran the full Dubai Marathon.

After only two years of running, I learnt a lot about myself. I became much more confident, calm and patient. I cleared my head and got addicted to endorphin. I sleep better, physically stronger and mentally invincible. And it's a pleasure to meet and move with active people.

RUNNING ON NIKE FREE FLYKNIT 4.0

OutdoorUAE and GO Sport asked me to try out the bright pink pair of Nike Free Flyknit 4.0 (NFF) running shoes. Nike Pegasus 29 Trail were the first shoes that got me into running, I'd love to carry on with this brand further.

It turned out not to be just fancy shoes, but the most comfortable running shoes I have ever put on.

NFF are specially designed to let your feet move more naturally and freely (a barefoot-like feeling) because the shoe structure flexes and stretches with your movements. It also activates some muscles that are neglected when using other athlete shoes. There is an official recommendation to use Nike Free series shoes in your training to gradually decrease soreness. Well, these are so comfortable that I didn't want to take them off. I was "hanging around" in them for about two hours and the next day I felt sore parts in my inner thighs (I never knew I had some muscles there).

Trying them on for the first time felt like





fitting into tight, but very soft compression socks. The lacing is positioned a little lower and gives midfoot snug support, while the roomy toe box doesn't squash my forefoot. The mesh material allows proper airflow, perfectly breathable and comfortable even if you go sockless.

The sole is relatively wide at the forefoot

which gives support during springing moments, while the curved sole allows you a faster pace. This is just right to spare your knees and lets you train with a light race shoe.

The hexagonal sole grooves may collect more pebbles and sand from the road, but gives more freedom in motion. This was proven as I felt connected to the running

surface with the entire foot, stretching more muscles. And with its proper cushioning, the foot to ground impact is softened. I run on different surfaces like wet jogging tracks, wooden pavement, concrete road and sand. The sole provides good traction and doesn't slip while running straight, which is great since the weather in the UAE can be very humid.

I truly cannot say anything else except the Nike Free Flyknit 4.0 is just awesome! It heightens performance while making it easily wearable. Form and function; a beauty to look at and a beast on the track. And even if you are not a runner, you can buy them and wear them as casual shoes.

While picking out my shoes, the GO Sport staff were very helpful and discussed different types of footwear for different kind of running. They gave very professional recommendations regarding sizes and technical details of my new pair Nike. You can even have your shoes personally embroidered (with additional charge), which is pretty cool and gives your shoes a unique lifetime design. Nike Free Flyknit 4.0 is available across all GO Sport stores, but the embroidery is only available at The Dubai Mall, Abu Dhabi Mall and Yas Mall in the UAE and in Villaggio Mall in Qatar.

Running is still hard, but I can say that I love it now. From my first 3km and first running shoes, to now a full marathon and a better, brighter pair of Nike, things have really come full circle.

GET OUT AND RIDE!



AIR SERIES

Inflatable All-around Cruising/Racing



ONE 12'6" GLIDE AIR 11'0" MANA AIR 9'10" NALU AIR 10'2" NALU AIR 11'0" ALANA AIR 10'6" ALANA AIR 11'6"



Photo: F. Berthout

[f NaishStandUpPaddling](#)

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PRODUCTS

A ROUND-UP OF QUALITY PRODUCTS AVAILABLE RIGHT HERE IN THE UAE



Fitbit Charge HR

729 AED/QAR
79.200 OMR

Available now at GO Sport stores at Dubai Mall, Abu Dhabi Mall and Bawabat Al Sharq Mall in the UAE; Villaggio Mall and City Centre Doha in Qatar; and Muscat Grand Mall in Oman

Continuous heart rate and all-day activity tracking, right on your wrist.

Make every beat count with Charge HR, an advanced heart rate and activity-tracking wristband, built for all day activity, workouts and beyond. Maximise performance, maintain intensity, and monitor calorie burn with continuous, automatic wrist-based heart rate monitoring. And get 24/7 stats like heart rate, steps, distance, active minutes and floors climbed on display, for the motivation you need to push yourself further – every step, every beat, every day. It is also water resistant. Colours available: black and blue.



Vango Chair Kit

165 AED

Available at Adventure HQ stores

This product is one of those outdoor essentials for those in the know. This functional space saving and lightweight kit transforms your sleeping mat into a comfortable chair in seconds. It's an ideal item to take on camping or trekking trips when weight or space is an issue. There is a saying in the outdoors that "any fool can be uncomfortable". Don't be a fool, revel in your comfort with a chair kit no matter where you are.

Casio Edifice EQB-500

1,595 AED

Available at G-Factory, Watch House and Virgin Megastores

The new Edifice EQB-500 is a new edition to CASIO's ever popular Edifice metal watch line up. With a sleek and smart built, the watch is equipped with Tough Solar, 100m Water Resistance and a Bluetooth function. With just the push of a button, it adjusts to the current time zone or connects to a smart phone notifying the wearer of incoming calls and messages.

- Dual dial world time
- Link with smartphones
- Mobile link functions
- Time adjustment
- Easy watch settings
- World time for about 300 cities
- Daily alarm settings
- Stopwatch data transfer
- (Lap/Split time display measured in 1/1000 second for up to 100 entries)
- Phone finder
- Tough solar
- Daily alarm
- 100m water resistance
- Day indicator
- Date display



Casio G-Shock Gravitymaster GPW-1000

3,995 AED

Available at G-Factory, Watch House and Virgin Megastores

Casio is proud to present the world's first GPS hybrid radio controlled solar watch. Two mutually complementary systems, GPS satellite signal reception and terrestrial (Multi Band 6) time-calibration signal reception, are mounted in a shock-resistant structure. Prompt analysis of current time and Daylight Saving Time data enables GRAVITYMASTER to display the correct time, all the time, anywhere in the world.

- Triple G Resist
- Neobrite
- Sapphire Glass
- 200m water resistance
- Case /bezel material: Stainless steel/Resin
- Carbon fiber insert Resin Band
- Solar powered
- LED light (Super Illuminator) Afterglow
- GPS signal reception: Auto receive (time information, once/day); Manual receive (position information, time information)
- Time calibration signal reception: Auto receive up to six* times a day (remaining auto receives canceled as soon as one is successful)

***5 times a day for the Chinese calibration signal**





Elevate your running experience

In a world that constantly evolves to make us more comfortable, we choose to challenge the comfort zone. Because nothing makes us feel more alive than a run. Meet your Fate. **#FeelNewton**



 **NEWTON**
running
science in motion.™

Available from:
Adventure HQ (Dubai and Abu Dhabi), Intersport (Times Square), The Cycle Hub (Motor City), The Cycle House
(Nad Al Sheba) and in Bahrain at Endura Sports Centre.

PRODUCTS



Salomon X-Scream 3D

575 AED

Available at Modell's (Mall of the Emirates, Ibn Battuta Mall and Mirdif City Centre; Stadium (The Dubai Mall, Dubai Marina Mall and Abu Dhabi Yas Mall); Adventure HQ (Time Square Center and Dalma Mall); Inter Sport (Dubai Festival City, Al Ghurair, Deerfield Abu Dhabi and Time Square Mall)

Veer left, up the steps, across the grass, head right, down the alley. Leave your usual routes behind and set yourself free to explore your city's true potential.

Run across a diverse urban landscape with a shoe that delivers 3D Fit, 3D Grip and 3D Ride. Built on a dynamic cushioning platform, the X-Scream 3D is our most agile CITYTRAIL™ running shoe.

- Foothold in every direction. 3D Fit comfortably holds your foot in place during dynamic directional changes
- Multi-surface grip. 3D grip ensures confidence on wet or dry, soft or hard surfaces
- Responsible ride for the dynamic run. 3D Ride feels smooth and cushioned on consistent or uneven surfaces

Jobe Sports Ruthless Waverunner/Jetski Helmet

AED 440 (previous price AED 550)

Available only at Al Yousuf Motors across UAE

The updated Ruthless full-face helmet is professional protection gear for Jet Ski and personal water craft (PWC) riders

- Made of high-quality polycarbonate for maximum protection from high impact
- E certification (this helmet is not officially certified as a water sports helmet)
- Comfortable soft inner lining
- Fit pads
- Adjustable chin strap with double D-ring lock system
- Adjustable sun visor
- Includes soft protection bag for storage



YETI Tundra 45

AED 1,490 (Weight: 23lbs. Capacity: approximately 26 cans)

Available at Modell's Ibn Battuta Mall, Mall of the Emirates and Mirdif City Centre

YETI Coolers are rotational-molded, using the same materials and process used to make whitewater kayaks. This process is more costly, but the result is a cooler with a dramatic durability advantage. And a YETI keeps ice longer – a lot longer with over twice the insulation compared to most ordinary coolers. YETI Coolers are the ultimate in design, performance and durability. Available in five different sizes.

Newton Running Fate

AED 625 Neutral running shoe for men (yellow) and women (green)

Available at Adventure HQ, The Cycle Hub and Sport In Life

Perfect for: People who delight in the pure joy of running and want a shoe that elevates their experience.

Likes: For every day training and racing, an all-around go-to shoe.

Ride: Versatile and balanced. The dynamic Newton pop in a more relaxed package

Fate, destiny, luck... However you found this shoe, you'll be glad you did. This is the go-to shoe for neutral runners who want the classic Newton pop with a smooth transition on our P.O.P 2 platform. With bevelled lugs and a 4.5mm drop, there's no excuse not to put this shoe on and get out the door.

Responsive yet soft, this is our entry into open-chamber Action/Reaction technology. Use this shoe as an everyday trainer or turn up the speed if you feel so inclined. This is your fate.





INTRODUCING HERO4

The most advanced GoPros yet.



Introducing HERO4 Black, the most advanced GoPro ever. Featuring improved image quality and a 2x more powerful processor with 2x faster video frame rates, HERO4 Black takes Emmy® Award-winning GoPro performance to a whole new level. Incredible high-resolution 4K30 and 2.7K50 video and high frame rate 1080p120 video enable stunning, immersive footage of you and your world. New Protune™ settings for both photos and video unlock manual control of Color, ISO Limit, Exposure and more. Waterproof to 131' (40m) with 12MP photos at a blistering 30 frames per second and improved audio, HERO4 Black is the ultimate life-capture solution.

2x the performance

With a 2x more powerful processor, 2x faster video frame rates and even better image quality than its best-selling predecessor, HERO4 Black delivers footage that's sharper, richer and more detailed. Combined with powerful new features and technologies – and improvements to audio, usability, wireless connectivity and more – HERO4 Black is the most advanced, highest-performing GoPro ever.

4K30. 4x the resolution of 1080p
4K30, 2.7K50, 1080p120 – HERO4 Black is the first camera of its kind to feature ultra

high-resolution, high frame rate video as powerful as this. Once the exclusive domain of large, costly cameras, HERO4 Black delivers truly professional video quality in a tiny package. Stunning clarity. Liquid-smooth slow-motion playback. Cinema-quality capture. HERO4 Black brings it all.

Fast, powerful photo capture

With 12MP burst photos at a blistering 30 frames per second, HERO4 Black helps you capture the moments you don't want to miss. Capture single photos, or choose Time Lapse mode to shoot photos automatically at set time intervals from 0.5 to 60 seconds—great for gear-mounted shots when the shutter button is out of reach.

Control, view and share with built-in Wi-Fi + Bluetooth

Get enhanced connectivity to the GoPro App to control your camera remotely, view your photos and videos and share your favourites. The GoPro App also makes it easy to watch the GoPro Channel on your phone or tablet.

HiLight Tag your best moments

Mark key moments while recording so you can quickly find your best clips later for easy playback, editing and sharing.

QuikCapture convenience

Never miss an epic shot. Power on and record automatically with the press of a single button thanks to QuikCapture mode.

Night Photo + Night Lapse

Whether you're shooting the Milky Way or a campfire hangout, capture stunning images of ultra low-light scenes with customisable exposure settings for single and Time Lapse photos.



Professional audio performance

Featuring a powerful new audio system complete with a cutting-edge microphone, HERO4 cameras capture clean, high fidelity sound with nearly 2x the dynamic range.

Protune™, now for photo + video

Enjoy the greatest degree of manual control ever available in a GoPro camera with customisable settings for Color, ISO Limit, Exposure and more – now for both photo and video capture.

Improved camera control

HERO4 Black features a new dedicated button that allows you to quickly access and adjust camera settings. Simplified menus make navigating settings more intuitive than ever.

GoPro App + software

Expand your GoPro experience with the free GoPro App and GoPro Studio software. The GoPro App allows you to control your camera remotely using your phone or tablet, view and share your content and watch "best of" videos on the GoPro Channel. Use GoPro Studio to create your own engaging GoPro-style videos to share with the world.



PRODUCTS



Compressport

AED 425

Available at Adventure HQ

Pro racing trail running shirt. The unisex Short Sleeve Trail Shirt is designed to improve body-positioning and shoulder alignment, with light compression woven into the fabric to increase oxygenation during and after effort for enhanced recovery. Colour: White

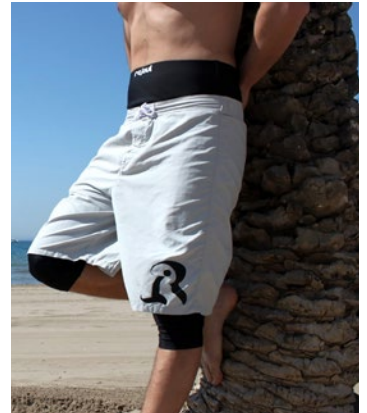
Rajoul Swimwear

AED 350

Available at Adventure HQ

The first modest swimsuit for men in the world. The awra for Muslim men is going from the navel to the knees. Part of the body to cover by modesty is Islam in every situation for both men and women.

- Modesty
- Style
- Comfort
- Innovation



Features:

- Salat Zip – a zip on the top right of the leg, to not be bothered by our keys during Salat
- Belt – an easily retractable belt, covering the navel without compressing the belly
- Upper-short: A loosing-cut upper-short in Polyamide, not sticking to the body
- Under-short: An entire quick-dry under-short in Elasthane securely covering the AWRA
- Chlorine protected
- Sweat protected
- UV protected
- Ultra quick dry technology
- Not skin sticky
- 4-stretch technology

Mocks

Starting from 325 AED

(mens and ladies MOCKLITE CLASSIC II)

Starting from 275 AED

(mens and ladies CLASSIC CANVAS)

Starting from 150 AED (kids)

Available end of February 2015 at Namshi, Athlete's Co, Stadium, TAF Kids. For information, call +971 4 362 9497.

Are your feet ready for an adventure? One where they'll be stepping into a world of pure colour, pure comfort and pure style? You've arrived at Mocks, the new footwear trend your feet will thank you for. Taking our lead from traditional moccasins, we've looked at a comfort classic and given it a few 21st century twists. With so many colours and styles to choose from, you can express yourself and get your feet fizzing wherever you are: in the city, in the country, on the beach.



Fitbit Charge HR

730 AED

Available at Adventure HQ

Introducing Fitbit Charge, an advanced activity wristband designed to energise your day. With 24/7 fitness stats and Caller ID on display, Charge keeps you motivated whether you're at work or working out. Add run tracking, route mapping and faster food logging from the Fitbit app and you have everything you need to find your fit.

- Full screen OLED display
- Watch function
- Incoming call alert
- Automatic sleep detection
- Syncs to bluetooth GPS on your phone



MAKING EVERY RUN AN ADVENTURE

Salomon X-Scream 3D

Interview By: Glaiza Segua-Godinez
Photos By: Abrito Rosellosa Jr.

The pulsating progress of the Emirates echoes the dynamic shift in people's lifestyle. In recent years, the UAE's sports and adventure scene has witnessed a resurgence brought by multitude of races and a new culture of fitness. We are now harnessing the urban environment to take our adventures straight out of the doorstep and to the greater, wider outdoors. That is the whole concept of Salomon's CITYTRAIL™ idea which they have molded into the new X-Scream 3D.

Paul Drury, an Ignite Fitness & Wellness franchisee and a regular podium finisher at local and international races, has been doing sports specific coaching and injury rehabilitation for 23 years. He talks more about this versatile CITYTRAIL™ running shoe.



Running approach

"I'm a big believer in running on the soft whenever possible, because for me, that's the key to longevity. If you're going to be running for years and using it as an integral part of your fitness routine, it's pretty crucial you get off the road as much as you can. We now have some great parks and tracks with a softer rubber; it just takes a bit of creativity to find it. Close to the city are some mini dunes, where you can get a little bit more adventurous too. You don't necessarily have to do it all the time, but it's a good way to get the body stronger, build your stamina and for your body to get used to running off-road.

One of the keys to success in running and enjoying it longer is by being creative – just getting out there and going on different routes. Make it fun, because it's your leisure time and it's very precious."

Adventure test

"I've been using the Salomon X-Scream 3D for a few weeks now. As these shoes have been specifically designed for CITYTRAIL™, I've road tested and trail tested them on all terrain. They are quite nice with a good grip. It's like a hybrid between an urban shoe and an off-road shoe. It's intended to go straight out your door, run out to the city, cross the road before you hit the trail, and then back again."

Compliments

"Excellent in terms of comfort with the sock insert that's basically sheltering the foot. It's a neutral shoe so I can use my orthotics in there as well. The best feature probably is the lacing because you can take all the lace straight into the tongue of the shoe. You don't have to undo them, they're like slip-ons. For triathlon, aquathlon or duathlon, where the transition time is crucial, this is very effective. On the trail, you certainly don't want the lacing coming undone and if you're going through water or mud the laces are not going to get caked in it. The shoe is also reasonably light so that's a plus. The cushioning is multi-purpose and is not meant for long runs on concrete surface, but will work perfect for the combination of soft and hard surface.

Improvements

"The colour is bit loud for me, but it is seasonal colour. You have the opportunity to buy the one for you in wide range of colours.

The upper section at the front needs redesigning with a harder cover guard. I'll have a big problem if my big toe comes through and put a hole on it, so I'm hoping that the stretch panels are strong enough to withstand it. Part of it is my fault, because a lot of people would have their toe a little lower. But I'd like to have at least room at the end of the shoe because when you're running trails, downhill and such, you need a lot of space for foot movement.

Just a reminder in buying shoes: when you're standing up, you should be able to put a minimum of half a thumb space in the end of your shoe. Most women buy running shoes like they buy stilettos. We're so used to the shoe fitting like a glove, but it's a sports shoe and it needs some space in the end."

Recommended for...

"They're really for most people, who want to get off the beaten track and just don't want to run concrete all the time. If they're going to do parks or a little bit grass or sand once in a while then this is an ideal shoe. It has decent cushioning, grip, hard wearing, comfortable and the added bonus that you can race in this. You can do triathlons and duathlons because of the clever lacing concept. It just gives u the flexibility to vary your running a little bit more and make it more adventurous.

It could be used by newbies and it's a money saver in some ways because you get in a trail shoe with your road shoe, two in one."

The Salomon X-Scream 3D is available at Modell's (Mall of the Emirates, Ibn Batutta Mall and Mirdif City Centre; Stadium (The Dubai Mall, Dubai Marina Mall and Abu Dhabi Yas Mall); Adventure HQ (Time Square Center and Dalma Mall); Inter Sport (Dubai Festival City, Al Ghurair, Deerfeld Abu Dhabi and Time Square Mall) for AED 575.



Available at
Instagram: @almekshah
Facebook: www.facebook.com/almekshah
Mobile: +971 55 4005441



MX10-212

Military Heritage, Timeless Design

Tested By: Fergus Beeley

The MX10 is a Nite classic. Built with the highest quality materials including aviation grade stainless steel, thick sapphire crystal as well as a Swiss Ronda movement, the MX10 is ready for any adventure. So what happens when you wear your MX10 during one of the UK's toughest endurance events?



We asked MX10 owner Fergus Beeley to test his MX10-212 during the Winter Fan Dance Race.

Tell us about the Winter Fan Dance.

Multi-terrain, non-navigational, 24km with rucksack over Pen Y Fan. The Winter Fan Dance Race 2014 is organised by Avalanche Endurance Events.

Estimated duration

Nine weeks training. One day event that was achieved in 4hrs 18mins.

Location and type of terrain

Pen Y Fan region, Brecon Beacons, South Wales, UK. Multi-terrain, steep ascents and descents with rocky boulders, moorland, bog, mud and gravel road.

What are your reasons for doing this challenge?

Raising money for charities, Cancer Research UK and Oracle Cancer Trust. So far I have raised 290,000 GBP (last counted 24/01/2014) and I am aiming to raise a total of 500,000 GBP.

How long have you owned a Nite Watch?

Nine weeks.

Have you worn your Nite Watch at previous events?

Not yet, only during training and event of the Winter Fan Dance.

Tell us how you and your watch stood up to the challenge?

The watch was invaluable during both training and the event itself. It was accurate, robust and gave me confidence at all times. No other make would endure the extraordinarily extreme pressures put on it. I fell on it often, had to let it get drenched in rain as it remained outside my glove and it was at all times exposed to all the elements.

Did you use your watch for timing the event?

Yes, as the race signal to start was shouted, I took note of the exact time and took it again at the half way point. It was easy to read and I was always confident that it was accurate.

Did your watch keep good time?

Yes. I had heard about the MX10 from colleagues in HM UK Armed Forces. They spoke very highly of it and I was keen to have one, as most of my work involves working in extreme environments like rainforests, deserts, mountains and other. It kept very good time and this is important when one's life depends on time accuracy (perhaps for a departing helicopter, or other critical timing, then one must be able to trust one's watch).

Did the watch become covered in mud and sweat?

Yes, during the event the watch endured major knocks against rocks and falls into puddles. The event took place on one of the wettest days in South Wales through Winter 2014. Descending from the summit of Corn Du, on the last and final stage of the race, I fell to the ground. I was exhausted and tired and lost my footing. Stumbling to the ground at speed my arms and legs hit the rocks. The added weight of the Bergen rucksack put even more pressure on my body for the fall. I gathered myself together, got up and continued running, but not before checking that my MX10 was still on my wrist and working well. It was.

Was it raining?

Yes, it was raining torrentially for four hours. The watch was exposed to the rain on the outside of my glove.

Was it snowing?

Yes. There were two visits to Pen Y Fan during the training when it was snowing at the summit. The watch was exposed to this snow but continued to perform at all times.

What was the estimated average temperature?

+4 to 5 degrees Celsius. Descending with increasing altitude to the summit of Pen Y Fan where it was generally at or below freezing.

Was the watch comfortable?

Yes, the watch was very comfortable to wear.

Did you damage your watch in any way?

Yes, I would say that the pin securing the strap to the watch was the only weakness. I lost my watch on a training session and with hindsight (for various reasons) think that though it was still entirely my own fault, the watch could have come off because the pin was forced out either by my glove being removed or the rucksack sliding down my arm to be removed.

Was the glass scratched or broken?

No.

Was the watch suitable for the activity?

Yes, very much so.

Overall experience?

The experience of using my Nite watch during this event was comforting. I have the confidence to know that I could not have been better equipped for a challenge of this kind. Every bit of my equipment and clothing had to be the best, as it would otherwise potentially have compromised my performance and (if the weather had become even more extreme) even my life. I needed to know I was wearing and carrying the best.



RATING

COMFORT	10/10
DURABILITY	8/10 (it would have gained 10/10 if I had not got a concern about the strength of the pin!)
RELIABILITY	10/10
ILLUMINATION	10/10
APPEARANCE	10/10
DESIRABILITY	10/10



2XU Tech Speed X Run Singlet

Words By: Sean James

Wearable technology

Wearable technology has hit the sports industry in a big way recently. Anything from bracelets that record calories and number of steps per day to clothes with designs incorporating practical functions and features from new technologies. In short, the sports clothing industry has changed. Wearable technology, wearables, fashionable technology, wearable devices, tech togs, or fashion electronics are clothing and accessories incorporating computer and advanced electronic technologies. This month I've been testing the latest hi-tech running vest from 2XU but before I put it on and go out running I decided to do some background checks on both the company and product to see if what they were really saying.

The company

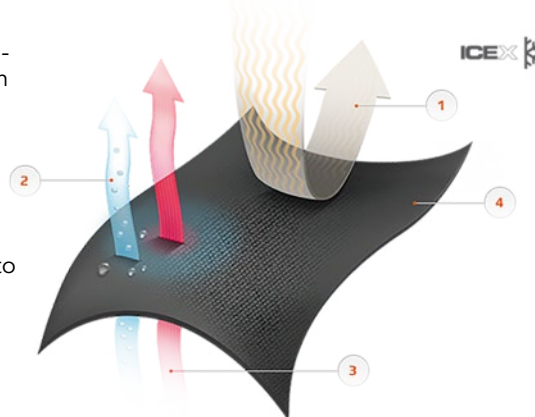
2XU has an impressive track record when it comes to testing their products and using the latest technology within their ranges. They pride themselves on their connection with The Australian Institute of Sport who provide scientific testing and data for their creations. I had come across 2XU for their compression clothing but what I was testing now was a running vest designed to keep my body temperature cooler. Not so important in January because of the fantastic cold weather we are having in Dubai, but we all know in one month it's going to start getting hot again and to keep my times coming down and continue training, I'll welcome every piece of assistance.

How does it work?

The 2XU running shirt uses something called ICE X technology, which utilises 2 fabrics;

Ice X2 and Ice XP. Combined together these fabrics provide:

1. UPF 50+ sun protection
2. Moisture management to allow controlled core temperature of the body
3. Active cooling with lowest possible heat absorption
4. Lowers skin temperature by up to 3°C



When you run, even slowly, the muscles working produces an increase in heat production. Naturally the body temperature rises by several degrees to cope with this. It increases for some more than others. In hot races such as European Ironman, Challenge Dubai and Abu Dhabi International Triathlon, we all know they plan the race schedule so the air temperatures are also very hot. For me in the past this combination has been not only medically dangerous but has resulted in slower times. A number of occasions I have been taken to hospital with heat stress. The normal temperature of the body is 37°C and should stay within a range of 37°C to 40°C. Therefore any shirt that helps to cool my body by 3°C will give me an added advantage over my competitors.

The technology

The 2XU vest I had felt smooth and light to wear. The cut around the arms and neck were great. The colors were nice and I also had confidence that wearing it was going to provide me with this advantage.

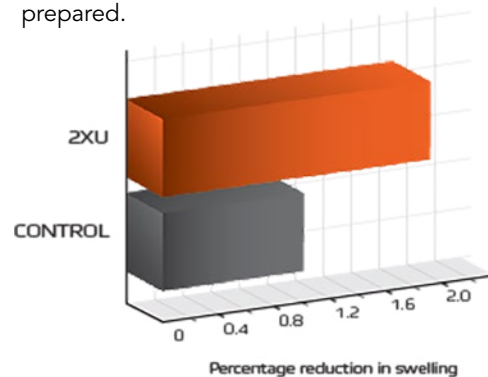
When I delved deeper into the research I found that the thermoregulation properties are provided by something called Xylitol



and InfraRed (IR) blocking technology. IR blocking technology is also used by NASA and also in security products to avoid detection by thermal security cameras at night. Amazing. I had turned into a stealth runner.

In the summer months I will do a lot of running around the Ranches at night so visibility is also important. This shirt had reflective trims so my running partner can see me disappear in the distance!

So I've been running in the shirt for a number of weeks now and I'm very impressed. I won't say I'm looking forward to the hot weather, but at least I'm more prepared.



2XU
Control

Example of the testing 2XU carries out



OUR EXPERTS

TYRES FOR OFF-ROADING

Words + Photos By: Marina Bruce

Before I start, I'd like to qualify the advice in this article by saying that there is no one brand/model of tyre which suits all drivers, vehicles and terrain. Selecting "footwear" for your car is as personal as choosing shoes – you wouldn't go out and buy flip-flops for yourself if you were planning rock climbing and the same applies to tyres for your vehicle.

Buy the right tyres and you will glide effortlessly over the desert or navigate safely through rocky wadis; but if you make the wrong choice you may experience short tyre life, poor performance and frequent punctures. As with most things in life, research is key.

Most drivers in Oasis Offroad use one of two types – the first is a "floating" tyre which does not dig in too much and is my personal favourite for all sandy terrain. My husband and I have used Pirelli Scorpion ATRs on both our cars for five years now, have covered over 350,000km (sadly not with the same sets) and only had one popout between us (me, one day my brain wasn't properly engaged and I drove into a very narrow gully!). The downside of this type of tyre is due to the sidewall properties; they have been developed to have maximum footprint when deflated, therefore the sidewall is less strong than the other type favoured by my group – the "digging" tyre.

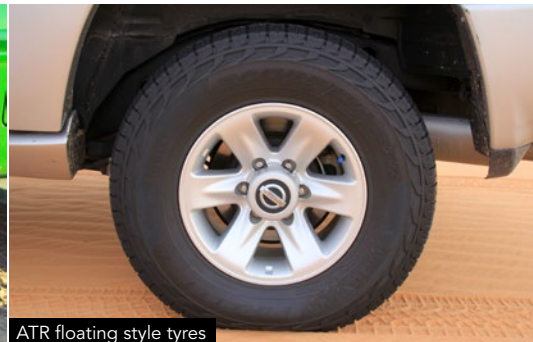
Many of my friends have fitted Cooper Discoverer ATRs which are rated M/S (mud/snow) and these are particularly good for wadis, sabkha and tracks. They have strong sidewalls and typically can be deflated to 10psi to increase "footprint". They are effective in sand also, however they do chew up the sand more than the floating tyre, so I usually put owners of aggressive tyres at the back of the convoy.

BF Goodrich ATRs are another extremely popular off-road tyre as they float over the sand yet have good three-ply sidewalls; however, the year I had them on my car I had three popouts with them and found them extremely noisy on the road.

In the UAE, if your tyres are over three years old then your car will fail the registration test – in reality if you are off-roading every weekend then constant deflating then reinflating will reduce the lifespan of your tyres to nearer two years. Manufacturers have



ATR digging style tyres



ATR floating style tyres

to stamp the week and year of manufacture onto the sidewall of the tyre; one with a code 5214 would have been manufactured in the 52nd week of 2014. For registration, it is the date of manufacture which counts, not the date of fitting, so check and make sure the tyre shop provides you with tyres which have been manufactured recently.

Tyre size is yet another consideration; some people love the rugged look of oversize tyres, but if they are too big they will reduce, not increase performance. Most vehicles with massive tyres will be re-gear to take into account the extra travel and footprint compared to the standard size for the model. If you do this you should also be aware that your speedometer will be inaccurate but you can use your GPS to keep tabs on the actual speed or have the speedo recalibrated.

Deflating your tyres is essential for driving in sand – somewhere between 12.5 and 15psi is normally good but some tyres/rims can be deflated further. You will go much further in two-wheel drive when deflated than you will in four-wheel drive on fully inflated tyres. After your desert adventure is complete you should re-inflate your tyres as soon as possible, and most off-roaders carry a compressor so they can air up at the roadside; should you need to reinflate your tyres at a tyre shop/service station then drive slowly when on the blacktop – no more than 80kph (and slower around roundabouts and sharp corners.)

There are different tools to deflate – you can purchase ones you pre-set and screw onto your tyre valve and they will let the air out, stopping automatically at the right pressure. Another popular choice is the deflator which removes the valve stem and comes complete with a pressure gauge for accuracy. There is no chance of you losing the valve stem with this gadget, which brings me on to the cheapest and my favourite way of deflating tyres – a valve stem remover (costing AED 10 from the gift markets) and an accurate gauge, preferably digital. You must pay attention when you use this method as it is easy to over-deflate or even lose the valve completely!

It's worth noting that after driving on soft or hot sand for a short period, the pressures can go up as much as 4psi, so if you are finding the going difficult, recheck and adjust as necessary.



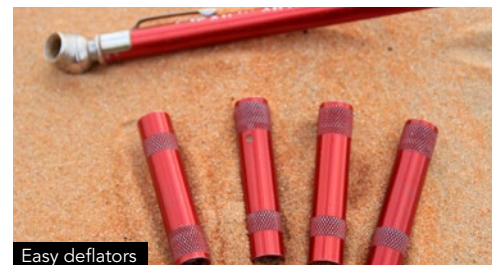
Cheapest and fastest way to deflate

The best tyres for a 4x4 are undoubtedly All Terrain (ATR) – that's what the car is made for so the footwear should match. Many leading manufacturers have ATR ranges and they vary greatly in tread pattern, applications and of course price.

If your tyres are deflated too low, or you steer too tightly, you may find that your tyre pops off the rim – believe me, you will know when this happens. It may sound alarming but it is all part of desert driving and a team of two or three people who know what they are doing will have the tyre back on the wheel in 10 or 15 minutes.

Firstly jack the car up – a hi-lift jack with tyre lifting accessory can lift the wheel up clear of the sand but a standard car jack will also suffice. Remove any sand round the tyre which may impede it from slipping back on. Clean the bead, take the valve stem out, stick on the compressor and pull the tyre back onto the rim – keep your fingers clear of the wheel when doing this. In a few minutes you should hear a loud "pop" as the tyre re-seats itself. Before you go out, have a search on YouTube to see some demonstrations – the methods using hairspray and lighter fluid are not recommended!

If you do experience a popout, chances are some sand will now be inside the tyre which can cause internal wear, so at the first opportunity, go to a tyre shop and have them clean it out. If they don't speak English the key phrase to use is "rameldachel" (sand inside) and this will save them spending ages looking for a non-existent puncture!



Easy deflators



Tyre deflator



Date of manufacture

The Desert Diva – read her blog at www.thedesertdiva.com

Oasis Offroad is a free to join offroad club based in Al Ain offering family trips and overland adventures in the beautiful sand dunes of Al Ain and beyond. Their website is www.oasis-offroad.com and their Facebook page is www.facebook.com/OasisOffroad

OUR EXPERTS

SOCIAL MEDIA AND RIDING

Words By: John Basson

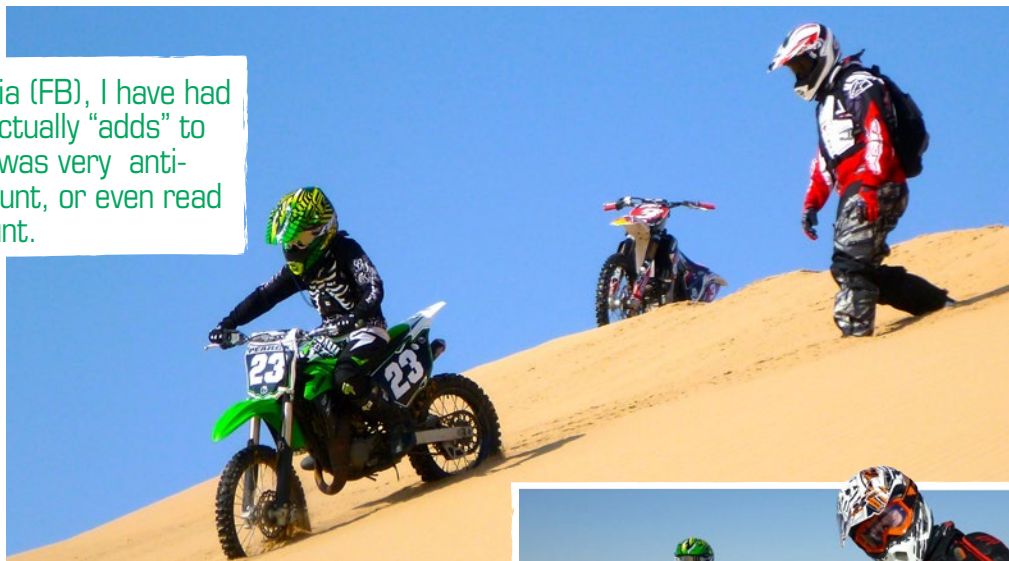
Since I've started using social media (FB), I have had mixed feelings regarding the value it actually "adds" to our lives. Until about two years ago, I was very anti-Facebook and refused to have an account, or even read a single post on someone else's account.

However the more pictures I took of my riding adventures and the more events I attended the more difficult it became to get all the pictures to friends and fellow riders. With the ever increasing demand and spending a lot of time and money on memory sticks and then the continual battle to "get them back" I finally succumbed to Facebook.

As most readers will acknowledge, social media can become a bit addictive. It is almost as if one cannot wait to see what has happened in the lives of others, often neglecting those around us.

However, it is not all bad. It also has a positive side and as long as controlled, it definitely has its place in modern society. On my FB page I only accept friend request after scanning the person's timeline. I will only accept the request if their timeline reflects similar interests and passions of mine. In this case, off-road, adventure and outdoor activities. Now it has become very easy for me to share and receive pictures and videos of events. Also one is up-to-date with virtually all activities regarding your passion and the amount of opportunities are tenfold that of someone not using social media.

Also we get to meet new friends and great



people we would not have met if not for social media. An example:

About a month ago I got a message on FB from a person asking to join a ride we had planned for that weekend. Obviously the answer was yes and Andrew joined us the following morning for a good ride in Al Ain. After the ride, we realised that our sons were virtually the same age and both love their riding. Jahli, Andrew's son, riding the legendary Kawasaki KX 100cc bike and John-John his quad. There and then a ride was scheduled for the next morning, but this time just us with our boys. This was to be the first time I did a "serious" ride with a fellow rider whose son was John-John's age and also enjoyed riding.

What followed the next morning was an absolutely awesome ride. The dunes, weather and riding condition were just perfect. It was to be Jahli's first ever long ride and he previously had only done rides of maximum 20-30km in total. This ride was more than double that distance and a real confident builder for the lads. The reason why John-John is still riding a quad and not yet a two-wheeler is due to the sand. The smaller bikes, like Jahli's bike, are a lot more difficult to ride in the sand than quads or the larger bikes. They get stuck very easy and unless the rider is fast require great skill to ride in the dunes. The quad, apart from being heavier, is easier



to ride and does not get stuck that often. I thus decided to hold back and wait till JJ is tall enough to ride a 250cc.

All I can say is "Well done Jahli! You rode your bike like a boss!" Other than one or two crests, Jahli never got stuck nor dropped the bike. It was truly a great ride and the dunes just kept rolling and rolling. The decision to turn around was based only on fuel and nothing else. The two proud fathers would have ridden all day with our boys if not for that. The dunes midway between Al Ain and Abu Dhabi (Al Khatim area) are perfect for riding. The ride starts in medium sized dunes and they gradually increase as one rides east. The dunes are perfectly spaced and so much fun to ride. We were continuously riding zigzag and playing on the sides of the dunes, and I think that maybe we crossed one or two sets of tracks that were not ours. Amazing.

Getting back to FB and social media, if not for FB this great ride would never have been and we would not have met each other. Hopefully by using FB we will soon repeat this ride, but invite as many "father and son" (or daughter, or mother and daughter or whatever family combination/relation you can think of) to join us on a similar ride. I will be advertising the ride, that will hopefully be by late February or early March, so if you are interested, monitor JBB Goforgold on FB as that is where the details and photos afterwards will be posted!

Ride safe and go for gold,

John





RUNNING CULTURE IN QATAR

There's always time for a run

Words By: Eulogy van Dyk

Running is something we all can do, but not all of us think we can be runners...

Did you know the world's oldest person that completed a full-length marathon was Mr Fauja Singh, a British citizen who was born in India, at the age of a 100? He finished the event in 8hrs 25mins 16secs and was not the last one that crossed the finish line. So if you have ever thought you are too old to start running, you're not! Be inspired, and make it a late addition to your New Year's resolution. There is never a better time than the present.

Now of course not all of us want to run a full marathon or even a half of it, but running is actually such an "easy" sport to enjoy. Easy due to the fact that you need very little equipment to get started, it is convenient as you are able to run almost anywhere, just put on your running shoes and off you go. It is also a very social activity that you can do with family and friends all year round.

Making it sound easy? Well, there are a few things you need to be aware of when running in the Middle East and Qatar is no different. Here are a few pointers to make your first run in Qatar (even if you are just visiting) an enjoyable experience:

CULTURAL SENSITIVITIES

Qatar is a strict Muslim country and runners should show sensitivity while participating in running. Whilst it is generally acceptable for men to wear normal running shorts and vests, women need to be more respectful as it is still culturally less common for women to run. Muslim women do not bare their arms, hair or legs. This rule is not applied to non-Muslim women, but you are advised to be sensible. Choose to wear knee-length shorts and a t-shirt that covers your shoulders (it will also help to prevent sun burn). Cropped tops are a definite no go.

During the Holy Month of Ramadan



Muslims do not eat or drink during sunlight hours. This is strictly adhered to and it is against the law for anyone of any faith to eat or drink in a public place. Note that currently this period falls during the hottest summer months and it is quite difficult to go for a run without having some water with you. It is thus acceptable for you to carry a water bottle while running; however, you should not drink from it while in a public place. Most runners prefer to wear a bladder system so that they can be more discreet in their actions.

THE SUMMER HEAT

It is no secret that Qatar's summers are very hot and humid! The summer heat kicks in from mid-May to the end of October, the humidity builds and unlike tropical areas there is no rain for a bit of relief. It is the humidity that will affect your running capacity the most. Just before dawn and just after nightfall you will find the most humid times of the day, whilst it is least humid midday but the sun will make it too hot to run then.

It is recommended to cut your distance and just run at a steady pace during this

time of the year. You might experience quickly elevating heart rates so be happy to walk before your heart rate gets too high. Always carry some water and electrolytes with you or alternatively you can also buy a bottle of water at a shop or garage if it is on your route, but do plan ahead!

Running on an indoor track or treadmill are also options to consider when running outside becomes too challenging.

THE TERRAIN

Just as the heat is no secret, it is also no secret that Qatar's landscape is flat. You will need to be creative and maybe run a few staircases in one of the skyscrapers or jump on a treadmill for proper hill training. Other than that, Qatar's northern deserts make a pleasant trail running area in the winter; this area is called Zekreet. The surface is hard packed sand and you will find some limestone escarpments for a change of scenery. The southern desert, called the Inland Sea, is very sandy with steep dunes, which makes running here a bit more challenging.

In general running in Qatar is fast becoming a very popular activity amongst locals

and expats as well as attracting some of the world's best. Over the past few years more and more running events have been introduced in the country. Most of them short to middle distances (5km and 10km) however Qatar did host the IAU (International Association of Ultrarunners) 50km and 100km World Champs in 2014. The racing season runs from November to April. There are also several running groups and clubs that were started by like-minded people that wanted to create a friendly, safe and more social environment to enjoy the sport and it is highly recommended to become a member of one of them.

And just to finally convince you to head over to the stores today and buy yourself a pair of running shoes, we have asked a few local runners to share some thoughts and their experiences of running in Qatar.

SARAH WITTINGTON

(currently GCC champion at both IAU 50km and 100km)

Years living in Qatar: 3 years

Type of runner: Ultra-marathon runner

Favourite running spot?

Out of town, it has to be Zekreet - sun, sea and trail! In Doha, I like to get off the beaten track and head out to Duhail and around Qatar University's outer perimeter. There's a good mix of road, trail and a 3km tree-lined avenue, which is one of the city's best-kept secrets!



Photo By: Tim Harman

Why do you enjoy running in Qatar? If someone told me I'd become an ultrarunner four years ago, I would have laughed in his or her face. I was strictly a half marathoner, but thanks to Qatar it has made me a much stronger runner mentally and physically. And thanks to Qatar, I'm currently the GCC champion at both 50km and 100km.

Best time of year to run? December and January. It's the only time of year when you can head out at midday without fear of sunstroke. More importantly, it's when you can go explore and find new routes (and shortcuts) to see you through the summer months.

How do you adjust your training when it gets hot? I changed my running season to suit Qatar's climate, so more or less from October to June. During the hot summer season I take a month off from running (July), and then coming back into training in August and September but follow a strict eight-week endurance base training phase.

Words of advice? I would personally not run on the Corniche, I find it hard on the legs. I like to explore and believe there are much more interesting and less-crowded places to run.

SHAWN DELEU

Years living in Qatar: 3.5 years

Type of runner: Marathon

Favourite running spot? Running around

Al Sadd, where I live. Surprisingly, there are loads of quiet streets and dirt paths where you can run.

Why do you enjoy running in Qatar?

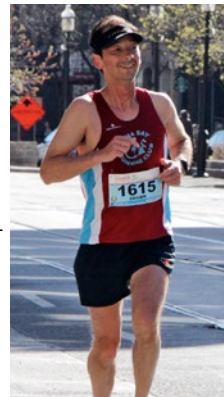
What I enjoy is running with the Doha Bay Running Club. There are tons of great people to meet and people of all abilities and experiences.

Best time of year to run?

Winter, these few short months we have here, is the best. The weather is cool and you are finally able to leave the water bottle at home for a 10km training run. It is also during this time that all the running events happen.

How do you adjust your training when it gets hot? I forget about pace and just run as often as I can to get some miles in the legs.

Words of advice? A) Join a running group. B) If you are not a treadmill fan like myself, run after sunset during the summer months.



ALAN SAWYER

Years living in Qatar: 2.5 years

Type of runner:

Recreational and half marathon

Favourite running spot?

The Pearl in Doha or Zekreet on the West Coast

Why do you enjoy running in Qatar? Let's say running is more of a necessity to me

Best time of year to run? November to March

How do you adjust your training when it gets hot? I switch to shorter runs and add more cycling. My training sessions will also take place early mornings.

Words of advice? Don't plan to run any big event between August and October, quality training here in Qatar just becomes nearly impossible during the months leading up to those events.



LUCY RATCLIFF

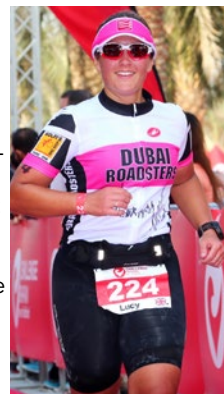
Years living in Qatar: 3.5 years

Type of runner:

Triathlete

Favourite running spot?

From home in Al Sadd to Souq Waqif and then onto Doha Bay Corniche; it's beautiful and peaceful at sunrise. I have to admit that I still haven't quite managed to run all the way along the Corniche without stopping to look at the beautiful colours as the sun bursts up from behind



the Museum of Islamic Art and hits the towers of West Bay with its rays.

Why do you enjoy running in Qatar?

There's a great running community in Doha, the runners have opened my eyes to lots of opportunities and ideas since I have become more involved in Doha running.

Best time of year to run? I love running in the winter and early spring (November-April). The weather is warm, it's not too hot or too cold, the sun is normally shining and it's just great to get out and run.

How do you adjust your training when it gets hot? I have to be honest and say I am pretty lazy in the summer. I get to know the gym a lot better and spend time on the treadmill etc.

Words of advice? Get involved with the Doha Bay Running Club. They are a great bunch of people and there's a good mix of runners so you'll always find new friends, training buddies and set goals you never thought possible before joining! Apart from that, always carry plenty of water during summer, your ID and some money.

ANNABEL YU

Years living Qatar: 1 year

Type of runner: Ultramarathon runner

Favourite running spot?

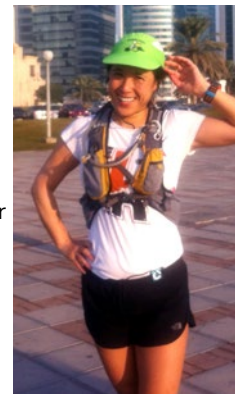
Zekreet and Doha Bay Corniche. Running at Zekreet desert makes me feel running in a totally different planet like Mars or the moon - beautiful, quiet, primitive, our footprints are the only marks left. Doha Bay Corniche is very safe and I enjoy seeing the colorful Westbay, as well as watching the highly diversified people along the coast.

Why do you enjoy running in Qatar? I enjoy the comrade spirit while running with the group here in Qatar, but also enjoy personal meditating time on a long solo run. Running also made me discipline myself to eat healthy and maintain a healthy lifestyle.

Best time of year to run? Definitely the cooler winter months.

How do you adjust your training when it gets hot? It is a challenge to run in the heat. I normally try to run early in the morning before the sun is up, and cut the running distance shorter. I also spend some time in gym to focus on cross training, or substitute a longer bike ride.

Words of advice? Remember to be thoughtful and wear more conservative running apparel, which can be a challenge in the summer season.



Fellow runners meet up



OUR EXPERTS

TAKING UP THE CHALLENGE

Part 3

Words + Photos By: Ian Ganderton

A rally bike explained

In this article, I want to look at what comprises a rally bike, they are quite interesting beasts. I'll also look at some of the factors I've needed to take into account in putting mine together.

I decided right from the start to base my decision on bike and bits around the team I was going to be riding with. I identified that because of my zero experience when starting this project I was going to need a lot of help to get me to the start line with a half decent chance of finishing. There are lots of options for building rally bikes, but very few options for being part of a rally team. I threw my hat in with James West and Crew right from the start and this has been a great decision. They have got me to the point where I'm writing this having just driven back from the Liwa Crescent after two fantastic days riding a full spec rally bike in big dunes for the first time. I'm only a month behind in my preparation timetable despite my own stupidity causing a 'smashed to pieces' right ankle at the beginning of October.

Because I'll be riding with the support of the team it makes sense for my bike to be the same as everyone else's so that all the spares and parts are the same. We are going to be between four and six riders and with all of us riding the same bikes it makes the bivouac servicing logistics much easier and

this directly increases my chance of finishing.

Despite having been an awesome bike, unfortunately the Gas Gas project became a dead end. The manufacturer has changed the engine they are using on future models and none of the tank manufacturers have made rally suitable products due to Gas Gas's niche status.

However, the Yamaha WR engine that Gas Gas have been using has not only proven to have great performance but also to be extremely reliable in our local conditions over the significant number of hours I've racked up and the thousands racked up by the James West and Crew hire fleet. So for the team rally project the choice has been made to use Yamaha WR450s. The WR450 model has been pretty much the same since 2012 and has sold lots around the world so there are many rally kit options readily available.

A base bike needs to be an enduro/trail bike rather than a motocross specific bike. This is primarily because of the electrics. A motocross bike is built for racing and therefore lightness so everything is stripped back to the minimum. To help towards this they typically don't have a battery. An enduro bike will typically have a battery and circuit to run road lights to make them registerable for road use (another important factor for a rally bike). On a rally bike, the electric circuit is used to run the navigation instrumentation as well as the lights.

Because rally bikes are built for racing they have to conform to Federation Internationale de Motocyclisme (FIM) rules and the guidelines.

So let me take you through the steps I'll be taking when building up my rally bike.

My new Yamaha WR450F will arrive in its crate and then get built up as standard before going straight to be registered and get issued plates. The bike needs to be road registered/insured because before and after each special stage the competitors ride the liaisons on the public roads. The FIM Rally Raid World Championship is nowadays limited to 450cc after development of the bigger bikes was creating rocketships that led to some notable accidents. ADDC does allow bigger bikes but to be per-



SPK's beautiful WR450F is a good example of an enduro style bike

flectly honest 450 is plenty enough for me plus there are lots of advantages to riding a smaller, lighter, more nimble bike in the technical dunes.

Once it's registered we will add the rally kit. The Rebel X kit has been chosen for its simplicity, lightweight and quality. The main parts of this are the navigation tower (including instrumentation), the fuel tanks, the exhaust and the bashplate. I'll go through these one at a time and explain.

Let's start with the most complicated, the nav tower. Rally Raid events are based around roadbooks with the idea being that the competitors do not know the route exactly till the evening before the stage so the ability to read a roadbook and navigate using it is required. For motorbikes, the roadbook takes the form of a long scroll of paper which is split into thick lines with each line containing a distance, a diagram, a heading and any warnings or notes. The instruments on the nav tower all revolve around this roadbook.

First off is the roadbook holder. It holds the scroll and allows the rider to move it so that each set of directions can be read in order. Modern roadbook holders have an electric motor that is controlled by a thumb switch cluster next to the rider's left hand.

Above the roadbook holder will be an ICO and a CAP repeater. The ICO (so called because of a trade name same as Hoover)

is a distance measurer that can be adjusted (by the handlebar thumb switch cluster) on the fly to compensate for mistakes and to keep it calibrated with the roadbook. The CAP repeater is connected to the GPS (more of that in a mo) and shows the direction you are heading in as a bearing (0-359). So a rider will read the roadbook and see the distance/direction they need to head in then concentrate on the two instruments. Worth noting that this all has to be done while



Navigation equipment. Top left is the ICO or odometer. Top right is the CAP repeater. The roadbook holder is obvious in the centre with a roadbook installed. The empty bracket on the handlebars is awaiting the Irritrack/Sentinel kit. The switch/button cluster next to the left grip is for the ICO and roadbook



Nav tower installation in the workshop



A WR450F with the rally kit installed. You can clearly see the navigation tower, large front tank, rear tank, lowered exhaust and bashplate with water and tool storage

riding at warp speed off-road! The training phase I'm starting to go through is operating the navigation gear while teaching my eyes to look in the right places, pick up and interpret the key information quickly/accurately so I'm not taking my eyes off where I'm going for more than a split second each time.

On the ADDC, the CAP repeater is connected to the GPS supplied and programmed by the organisers. It is completely against the rules to carry/use any other GPS system of any sort. The device is part of the IRITRACK and Sentinel system which is all mounted on the top centre of the handle bars. IRITRACK communicates the GPS position via satellite back to the race organisers. This live tracking allows the organisers to keep an eye on each competitor minute by minute helping massively with safety management while race fans can watch the race unfold live via a web browser.

The Sentinel system allows competitors to warn each other of their presence, this might be in the case of a vehicle stopped on the racing line but hidden behind a dune or a fast car about to pass a slower motorcycle.

The nav tower carries all this equipment in a position where it can be operated and read easily while minimising how much it obscures the rider's view.

Typically an enduro bike has a 7-9L fuel capacity giving a maximum range somewhere in the region of 60-70km in the desert. A special stage on the ADDC will



A rally bike being serviced at this year's Dakar

be nearly 300km with 200km between fuel stops so the bikes require significantly more fuel capacity. Mine will be 28L carried in a front 18L tank and a rear 10L tank. With over 20L of extra fuel equalling around 20kg extra weight this makes a huge difference to the way the bike handles. Keeping it balanced is going to be important which this set up allows. It's also relatively simple, and simple = reliable, and reliable = good.

Because of the rear tank the exhaust has to be moved to a lower position with a different header pipe.

Lastly FIM rules dictate, for safety reasons, that Rally Raid bikes carry 3L of emergency water on the bike itself. Mine will do this in the bashplate keeping the weight as low and centralised as possible. My bashplate also includes a small toolbox to save the weight carried in my backpack.

So that's a rally bike. Compared to a motocross bike they are big, heavy and clumsy but in reality they are super efficient at what they do – carrying riders, navigating long distances at race pace across some of the world's most inhospitable environments.

A large, vibrant photograph showing a group of people participating in water sports. In the foreground, several people are in yellow and blue inflatable rafts, navigating through white-water rapids. One person is in a kayak. In the background, a wooden structure with multiple levels and slides is visible, with people climbing and sliding. The scene is set against a backdrop of rugged, rocky hills under a clear blue sky.

**WADI
ADVENTURE**
RAFT • KAYAK • SURF

PEOPLE



Photo By: Dan Campbell



Photo By: Tony Di Zinno



Photo By: Dan Campbell

Ian Adamson

Occupation: Healthy Running CEO and International Obstacle Racing Federation CEO
Nationality: American/Australian
Age: 50

Interview By: Glaiza Segua-Godinez

After seven Adventure Race World Championships, three Guinness World Records for endurance kayaking, producing TV shows and retiring hundreds of pairs of running shoes, this adventure athlete continues to pave the way for runners through Healthy Running educational courses for medical and fitness professionals.

What attracted you to the outdoors?

My father was a field geologist and botanist so we spent a large amount of time in the wilderness in Australia from a young age. This gave me a solid ground in navigation and wilderness travel. I competed at a national and international level in marathon kayaking, white water canoeing,

orienteering, triathlon and sailing and added adventure racing in the early 1980s.

How do you train for an upcoming race?

Physical training requires endurance, strength and skills in all disciplines, essentially running, cycling, canoeing and climbing. The mental aspect comes from racing and very long endurance. Emotional stability is embedded in an individual's personality and character, something that develops through genetics and environment. There are techniques that can be used to keep things in check, and that is an entire book in itself!

What's your mindset and strategy during a race?

Expedition adventure racing is a time trial over a week or more, so you are really racing the weather. Navigation choices become key and this requires long term planning. In addition, you generally have no idea what will happen each day due to weather, terrain and courses that are revealed progressively.

You have done adventure races all over the world, what was your best moment?

My final race stands out. This was the adventure race world championships in Sweden and Norway in 2006. About half way through (day three), we were sea kayaking across the Arctic Circle under an intense Aurora Borealis, with meteor showers, endless sunset/sunrise and breaching whales all around us. We ended up winning handily (my 7th world championship win) and I retired on the spot!

What was the toughest race experience you had?

The Raid Gauloises in 1998 in Ecuador was intense. We started at 13,000ft on the equator, crossed into the top of the Amazon basin, then back through the Valley of the Volcanoes. At one point, we summited Cotopaxi, the world's highest active volcano at 19,730ft. The ascent and descent took us 17 hours, a journey that usually takes three weeks. This was extremely scary, physically and mentally taxing knowing we could die at any point. Many people do on this mountain so it wasn't trivial. We had a neck and neck race with a French team to the finish and

finally won on day 10 after descending to the Pacific coast and kayaking to the finish. Getting through the experience was a test of mental fortitude. We were out for food for the final three days and most of us suffered from gastro intestinal distress from bad water. I lost a tremendous amount of weight (10kg of my 70kg frame) and felt like a refugee from a war!

After a grueling race, what do you do for recovery?

Sleep, eat and sleep. Also walk around a bit and quite often go back into the course to spend more time enjoying things we raced through. Nice rivers, lakes and peaks.

What kit/equipment do you never forget to bring during a race?

Compass, altimeter, small sharp knife, apparel for the conditions and a sense of humour.

What do you look for in your race shoes?

I would typically go through several pairs of shoes in a race. I go for aggressive traction pattern, high level of drainability (they can be constantly wet), non-absorbing materials, upper protection for kicking rocks and thrashing through dense undergrowth. A Newton BOCO is a good shoe for this kind of racing.

Where's your next adventure?

I'm heading to Alaska for four months as the Adventure Director for a major US TV show, then to the Caribbean for three months as the Logistics Producer for another show.

What is your advice for those who want to join multi-day adventure races?

Start with obstacle racing. There are very few adventure races but thousands of obstacle races. The strategy is to start small while you build the endurance, strength, skills and agility necessary to sustain longer races. Obstacle races like Spartan Race have sprints (one to two hours) through 24-hour distances, and are perfect training for multi-day events. Training specifically is critical, so if you know you will be crossing open ocean in a sea kayak, cross an ocean in a sea kayak!

Ian will present the Healthy Running workshop in Dubai from February 20-21, 2015.

Photo By: Tony Di Zinno





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LOCATIONS

GET OUTDOORS IN THE UAE

Hiking – A series of articles to help you start or progress your hiking in the UAE

Children and the outdoors

Part 1

Words By: Sean James

Photos By: Sioned Taylor

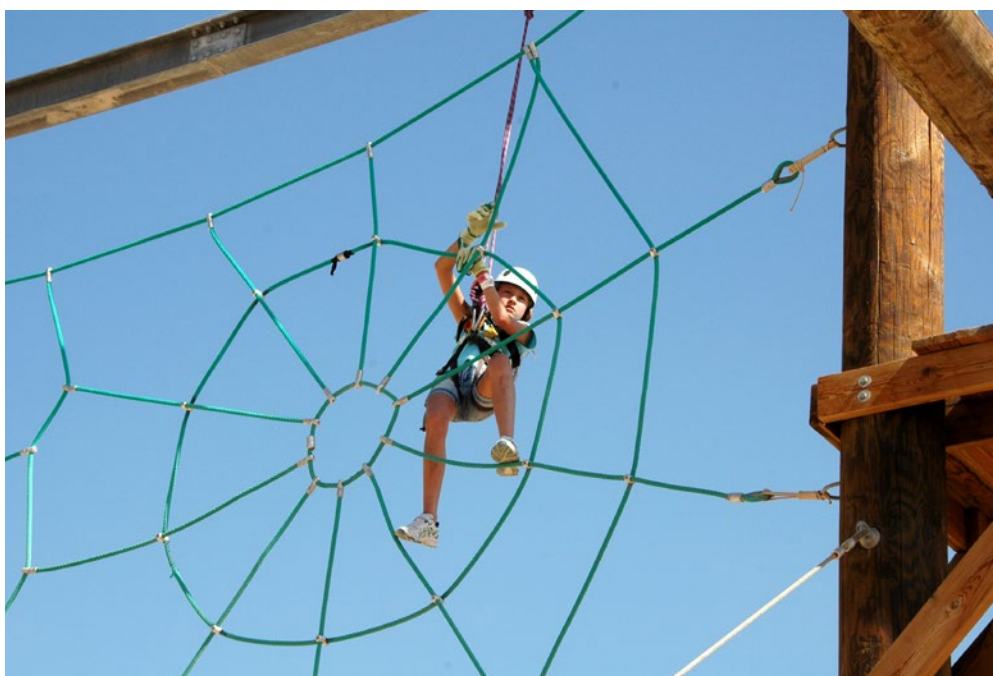
“Things to do before you are an adult”

It does not take a three-month survey and a 60-page research paper to make us aware of the growing disconnect between children and nature. However at present academics, governments and organisations are churning out statistics to help provide fuel for the hiking section in OutdoorUAE this month. The big question is when did society decide that exploring the outdoors was dangerous and letting kids play all day on electronic devices was a better option?

This month, we are going to look at what is happening to children and the outdoors; the benefits of outdoor activity, play and hiking to children and make some suggestions as to what readers of OutdoorUAE can do. The title for this article is inspired by a campaign by the National Trust in the UK called “50 Things to do Before You Are 11¾”. It encourages children to get involved in the outdoors by hosting dozens of events to motivate families to start experiencing nature again. Research has shown that if children do not make a connection with the outdoors and nature by the time they are 12, they are less likely as adults to connect with nature.

NATURE DEFICIT DISORDER

The next two sentences are obvious but we already knew that:



“Children are born with an inherent love of the outdoors... but as parents we stop letting them have their freedom, and we work that love of nature out of them...”

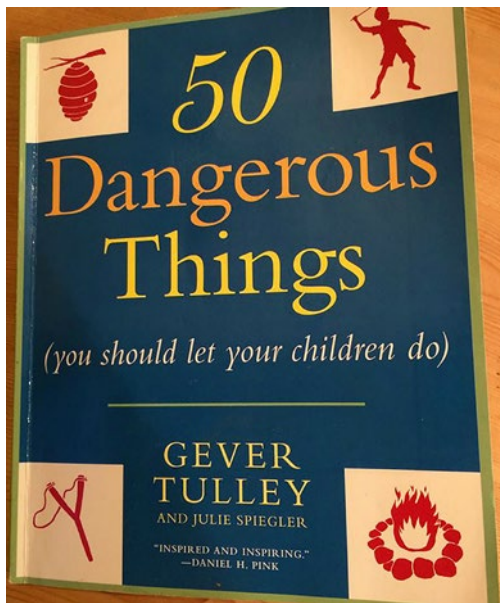
“In a typical week in the UK, only 6% of children age 9-13 play outside on their own and kids 8-18 spend an overwhelming 53 hours a week using entertainment media.”

So why if children love nature and being outdoors so much, are the statistics showing otherwise?

This phenomenon now has a name. **“Nature Deficit Disorder”** describes the human costs of alienation from nature to today's society. The author states there is “a diminished use of the senses, attention difficulties, and higher rates of emotional

**Make play a priority
Lead by example
Give kids responsibility
Become an explorer
Look beyond the garden**





and physical illnesses. The disorder can be detected in individuals, families and communities." If you have not read his book, "Last Child in the Woods" it is a worrying read.

However there are positives happening here and next month we will look at the initiatives, organisations and people who are trying to make things happen in the UAE.

The benefits of spending time in the outdoors are always positive: on education, physical health, emotional well-being and personal and social skills, including the development of responsible citizens. Responsible citizenship is something the UAE is very keen to promote.

CHILDREN NEED NATURE. NATURE NEEDS CHILDREN

Parents are often afraid that allowing their children to play outdoors means they are

running loose and causing trouble. Pressure on time to study is increasing today but a study in the USA, found that students aged 9-11 who had taken part in an outdoor activity like conservation action "performed significantly better on achievement tests." The author noted that the children's "opinion of plants changed, they understood the link between plants to their own daily lives and took delight in finding out where chocolate came from." The oft quoted joke from the UK is that children think milk comes from the supermarket and are disbelieving when they are introduced to a cow. Spending time in contact with nature can educate children and may awaken an understanding or consciousness in the next generation about the way they live. The RSPB campaign sums it up nicely "Children need nature. Nature needs children."

THE HARD FACTS

To those of us without children it may seem like whenever we go out, children are everywhere. But they are not, and especially not in the outdoors. And the statistics show this. The nature of childhood has changed. A generation ago in the USA 75% of American kids played outside every day. Now that is only 25%. Worse still, children spend more than seven sedentary hours per day in front of electronic devices either at school or home. In Europe and the USA this is put down to a loss of green spaces, weather, dark winter nights, increasing concerns about security... the list is endless.

HOW TO GET YOUR KIDS MORE CONNECTED WITH THE OUTDOORS

There are many things that you can do to spend more time outdoors. Maybe the easiest is to sign them up with an organisation or outdoor provider and off they go.

Another activity scheduled into their busy lives. However one of the best ways is to include nature and the outdoors into your lifestyle as a family. Below are a few activities. A full list can be downloaded on the website.

DOWNLOAD AND DO THIS MONTH'S HIKE

The hike this month is specifically for children.

PHOTOGRAPH CHALLENGE

Go out and take photos of 10 flowers, plants, tree in the neighbourhood and give prizes for the best.

SCAVENGER HUNT

Create a simple map of the neighbourhood with clues and treasure to find that involves searching e.g. a heart-shaped rock, shells on the beach, five leaves.

GPS TREASURE HUNT

Children use a GPS to hunt digital treasure. You follow coordinates or "waypoints" to find the hidden box of treasure. Commonly known as geocaching you can set your own up or use the Internet to find local sources.

**Be healthy
Stay safe**

Enjoy and achieve

Make a positive contribution

**Shift the balance towards free play
and away from adult-supervised play**

READING

Deliberately encourage children to read inspiring stories of kids and young adults





that have a nature or outdoor adventure theme. Encourage them to write a short story or make a video of their adventure in the desert at the weekend.

ANIMALS

Spend more time with animals. There are many places in the UAE to observe animals. Al Qudra track has regular herds of oryx, the flamingo observation platforms near Dubai Mall, Arabian Wildlife Centre in Sharjah and even the fantastic aquariums in the malls are just a few.

PLANT IT, GROW IT, USE IT

Organise a neighbourhood planting session. Children can have seed boxes or a plot of land and decide themselves what to plant. They take care of it and plot the progress. Fruit and vegetables can be eaten and flowers picked.

WILD ART

Use nature's resources to create art displays/tables. Pebbles, shells, grasses or leaf rubbings. Draw or write names with twigs, stones or leaves, and then take photographs.

All of the above are small things that you



Google Earth Screen shot of the route

You can download the GPS files here: www.outdooruae.com/downloads/Februaryhike2015.zip

can integrate into life to encourage the love of nature and the outdoors. Don't swamp children and make your own campaign look overbearing.

HOW TO GET THE GREATEST BENEFITS FOR YOUR CHILDREN IN THE OUTDOORS

In today's society, the two biggest parent-identified barriers to outdoor play are safety... and safety. It is difficult to give up control. One good way to deal with general safety issues or concerns is to teach your kids to "be watchful" instead of "careful". If you are out hiking, ask them if they think that is a good trail and why. What dangers do they see? And how to make it safer? Encourage them to make their own decisions and soon they will be treating the natural environment not as something they go to occasionally or see on TV but as the world that they live in.

Evidence is starting to show that it's not so much what children know about nature that's important, as what happens to them when they are in nature. That means reacting personally with it. When children stop going out into the natural world to play, it can affect not just their development as individuals, but society as a whole. Kids today learn about nature on TV and at school but fewer are experiencing it directly.

Each day, each week try to swap half an hour of children's "screen time" for half an hour spent playing outdoors. Don't

prescribe what children do outdoors. They are great at inventing exciting games in the most mundane garden or parkland settings.

Create opportunities for children to visit new areas. Children now spend less time playing in natural places, such as woodlands, countryside and heaths than they did in previous generations.

GET OUTDOORS

Whether you are a parent, teacher, friend or business person, try to think of the opportunities to get children back into the outdoors. Move them and yourselves away from screen-based behaviours and towards exploration of the wider environment. Who would have imagined 30 years ago that we would need to encourage parents to send their children outside to play? More often than parents would be saying "make sure you are back for dinner".

So let's finish with a quote from Richard Louv: "Last time I checked, it was pretty tough to have a sense of wonder when you're playing Grand Theft Auto. If we're raising a generation of children under protective house arrest, where does that lead us in terms of our connection to the natural world?"

A HIKE FOR FEBRUARY

In keeping with the topic this month, the hike is suitable for children and is in the Al Qudra desert area. It's super easy to get to from Dubai and mixes fun in the desert and is 20km from the centre of a major world capital city. You'll be able to run up and down the dunes and maybe see the herds of oryx and many cyclists in the area. If you visit the Dubai Cycle Track you might also be inspired to hire some bikes and visit the fabulous café there after your hike. Download the GPS details from our website.

Quick checklist route planning

Start point	24°49'42.62"N55°21'54.09"E
Off-road driving required	No, although parking may be slightly on the sand. DO NOT PARK ON THE CYCLE TRACK.
Distance and time from Mirdif City Centre to start	60km 40min
Navigation on hike	Very easy. Stay within sight of your vehicle and make your own path.
Time required for hike	1hr depending how many dunes you jump off
Distance	2km
Elevation gain on hike	48m
High point	110m
Grocery / water on hike	No, but very close
Possible to encounter a vehicle on trail	Possible but unlikely
Suitable for all the family	Very if you have off-road driving skills, why not drive a bit further into the desert and start your fun.

If you are not confident going or starting hikes alone or you just want to have an expert or a group of nice people with you, OutdoorArabia is offering hikes lead by our expert Sean James. outdoorarabia.com/regional-trips

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LOCATIONS

Dive sites in the UAE and Oman

MARTINI ROCK



Martini Rock is one of the best known dive sites in the UAE, just 25 minutes by speedboat from the Dive Centre located in the Le Meridien Al Aqah Beach Resort and Spa. The drive to Al Aqah from Dubai normally takes 1.5-2 hours. Alternatively, if you are not driving yourself to Fujairah, you can also use the Al Boom bus transfers from Dubai. Meeting point is from the dive centre in Al Wasl Road. Other pickup points are available, please contact the call centre for more info.

Martini Rock is a huge pinnacle rising from 22m deep to 3m deep just below the surface, this makes the top of the rock perfect for a safety stop. You can dive around the rock, which is supposed to be like a martini

Location:	25°20'05"N; 56°22'53"E (Al Fujairah, Indian Ocean side of the United Arab Emirates)
Description:	Large rock formation close to shore
Depth:	10-22m (30-72ft)
Visibility	5-15m (15-50ft)
Level:	From Open Water up to any levels, good for underwa- ter photographers and for snorkellers.

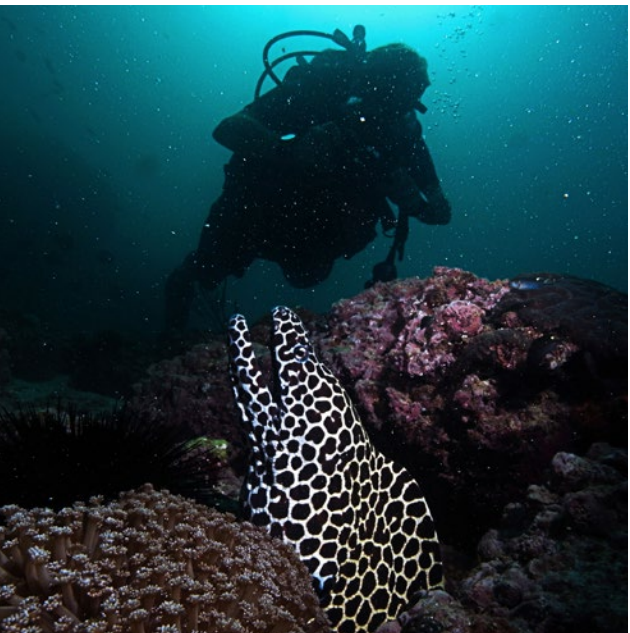
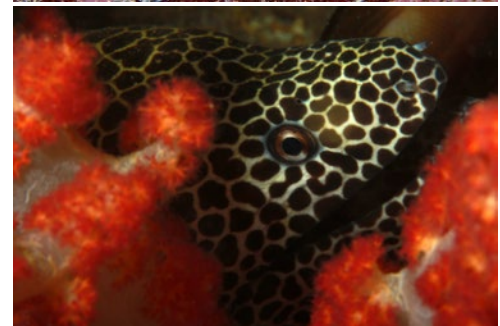
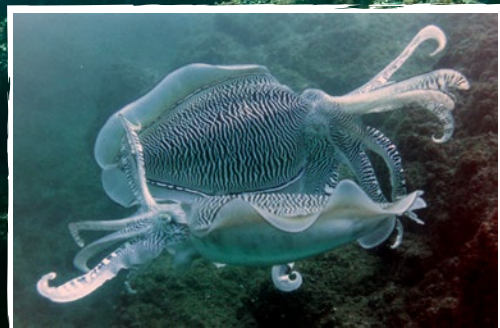
glass on its side, starting off at about 12m moving to 20 and then going back to shallower again. The dive takes about 30-40 minutes.

The rock has several sandy gullies and is covered in fantastic orange and purple teddybear coral, as well as large starfish and sea urchins. Martini Rock is known for its many green sea turtles and the site is a popular area for groups of Niger triggerfish, damselfish and anthias. Colourful hawkfish, Arabian angelfish and timorous cornetfish can be seen at the deeper areas, while moray eels, lionfish and scorpionfish are numerous. There are also cuttlefish in pairs, broomtail wrasse and parrot fish.

Visibility is about 5-15m, which can be even more on a better day. The dive site is wonderful for underwater photography even when the visibility isn't that brilliant. There can be current and several cold thermoclines that might be felt on the northern deeper side of the pinnacle.

CONTACT: Al Boom Diving, Al Wasl Road.
Call Centre: +971 4 342 2993 or abdiving@emirates.net.ae

Al Boom Diving, Al Aqah, Fujairah: +971 9 204 4925 or ghanem@alboomdiving.ae



TIPS & TRICKS

Your child's first fishing kit

Words By: Kit Belen

Give them something they won't forget

As parents we have the responsibility to make the best memories we can with our kids. As such we always make it a point to give them better things and experiences than ours when we were their age.

My daughter has always liked the colour pink – so it was very logical that I would get her a pink tackle box. Luckily, I didn't have to look far for this, Adventure HQ have two tackle boxes for kids. The boxes are made by Plano, a very reputable maker of tackle boxes and rod cases. The box, which is a Plano model number 2100, is a decent starter box; it has one tray inside, and is just big enough for a toddler to carry on his or her own. There are two colour choices – pink and light blue. The contents of both boxes are exactly the same – labeled as having a one hundred piece tackle starter kit, it is hardly enough to fill the box and get a little girl excited (and we know how the girls like the accessories!) So I grabbed a few things in one of my boxes to fill her little pink box. A few things to remember when putting things together – at their age, fishing should be very visual – it is almost impossible to teach kids what it feels like when the fish nibbles on the bait as their sense of touch is not fully developed yet. Using devices such as floats will make them see the fish taking the bait and it gives them a visual cue – if you have not tried this out, you have to, you will see them scream and running around when they see the float or bobber go under.

What's inside Kaylee's Box?

There are a few hooks, swivels, sinkers and a couple of bobbers (floats) that came with the box, some of which you would be able to use here because the box is mostly filled with freshwater tackle.

When putting together a tackle box for kids, it is important to always remind them that the contents of the box might hurt them if they are not careful – I am always beside Kaylee to remind her of the hazards of sharp objects each and every time she opens her tackle box, with specific instructions that she is not allowed to touch the hooks – this is something only I could do for her for now.

Floats are great for kids, as I have mentioned in the previous article. They give the kids a very visual experience when a fish takes the bait. I explained how the float or bobber would move or go underwater when a fish takes the bait, it's all it took for her to point out a few floats she wanted in my float box, the first one to go was a shiny pink float.



Outfished by my little girl. Her first fish on a lure caught unassisted. I am one proud daddy

Besides floats, I also gave her a couple of sinker dials – these are relatively cheap and can be purchased at any Carrefour. They are basically sinkers of different sizes and are just right for the rod and reel she uses.

A few packets of sabiki rigs from Daiso went into the box, these really effective rigs are used to catch baitfish and for this time of year, it's amazing for catching small mackerel. A few packets of snelled hooks also went in, just to make things more efficient when making bait rigs for bottom fishing in and around the beaches.

While fiddling around in my fishing room, she walked in and asked what was in my hand – as it turned out, she saw the glitters on the soft plastic and was immediately attracted to it, and yes, it was pink. So a pack of pink soft plastics went inside the box, a few other soft plastics, spinners and jigheads, and rigged soft bodied jigs

The rod, reel and line

An inexpensive rod and reel is all that's needed to keep their interest up, you just have to make sure they don't outgrow it fast – so super cheap ones are not an option (at least for me) there are surprisingly great valued rods at Dragon Mart. I chose to go with a light action rod for my little girl because I want her to feel the fish fighting at the end of the line, it also ensures that she would not find it hard to cast. I bought the rod for about 50 AED and I gave her one of my smaller reels to use, I believe the reel was under 100 AED – A Shimano FX. Altogether, the outfit costs just a little over 150 AED including the line. The reel was initially spooled with white braided line.

Artificial lures

This is really something I've been looking forward to for the longest time because I did not start with lure fishing until I was in high school; my dad is not the type to use lures so I was left on my own with this endeavour.

I learned over the years that kids are very eager to use lures more than bait, it's quite easy to convince them to use a lure than touch something that smells, like pieces of slimy shrimp.

Choosing the right ones for kids to use is a very simple task – choose one with the least hooks. The very first thing I grab is a soft bodied jig and for a few good reasons they work, they are almost lifelike and the fish tend to hold on much longer than hard bodied baits. They work with the smallest of twitches and more importantly, a slow, steady and straight retrieve works very well. If you add a spinner to the jig, you have one very effective lure that works in both fresh and saltwater. A long cast and a slow straight retrieve works really well and is perfect for kids.

Kaylee loves her lures and her favourite is a soft plastic called "Slurpies". She caught her biggest fish to date, a flathead, with one of these mounted on a spinner bait clip. I cast the lure out for her and she did all the reeling and fighting, it happened when the first time she used a lure. Now, she is confident that lures catch fish and can't wait for the next time she uses them.



Final thoughts

In the end, I have decided to load her tackle box with the bare essentials and only with the most useful things. Show them that what they have in their box can catch fish – this is the idea behind the sabiki rigs that I have in her box – I showed her that it can catch a lot of fish in one go. It's important to show your child that you are taking from their box when rigging their gear for them, one thing I did was to also ask her if I could use some of her tackle – just to show her that her tackle is also good enough for me to use, it made a world of difference for my child as she saw that what she had was also something I would use.

I rummage through my things with her and show her that I take from my boxes and move them to hers, I made it not just a "shopping" activity for her, but also a bonding activity that we would be sharing for years to come.

See you guys at the Dubai International Boat Show next month!

Tight lines and screaming drags!

Kit



Out fishing pro who shares his experiences and expertise with OutdoorUAE through his regular column.
thefishingkit@gmail.com

the
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TIPS & TRICKS

YOU MUST BE MENTAL!

Words By: Trace Rogers, SuperTRI Dubai

We examine the mental traits of a successful triathlete.

"Peak confidence only comes from real work and real results in a real environment. But unless they (triathletes) prove it in training, it's not going to happen. That real confidence is the most powerful thing you can have going into a race." Siri Lindley during an interview.

So what does it take to get to this point?

Internal discipline and self-direction. In the book, *Triathlon Science* (Joe Friel and Jim Vance), the authors mention that being a successful triathlete takes "internal discipline and self-direction". They state that the athlete needs to understand that their main goal for competing is for themselves. This makes a lot of sense because unless you are in the top 10% of high end achievers, the winnings are scarce. For the most part, at the end of the race, you are likely to walk away with a piece of metal dangling from your neck and a t-shirt that may or may not fit you. Clearly – this is not what we do it for.

These traits will also determine whether an individual has what it takes to "get on with it on their own". Unlike many other sports, a triathlete is faced with this challenge very early in the game. If you are doubtful of this, try chatting about your day with your training buddy whilst doing a "long" swim. As individual training needs vary, it is quite likely that many sessions will

need to be done in the pleasure of your own company. Only if an individual is disciplined and self-directed will this be possible.

Focus. This is needed both in the long and short term. Whether training for a sprint distance triathlon that (in most cases) can be prepared for in three months or for your umpteenth Ironman, a triathlete needs to have the ability to stay focused on the end result. Energy levels can (and most probably will) fluctuate but in order to be successful, the individual needs to be able to keep sight of the end result. Short-term focus is required in order for the athlete to stay on track with daily training objectives. Losing sight of purpose (unless turned around quickly) has great potential for disaster.

Organisation. This trait exists across many levels and it all comes down to the value of time. A triathlete's life consists largely of balancing time between training in three disciplines (many athletes include other forms of complimentary training), their personal life, their professional lives as well as managing their nutrition and rest. In order for this to happen, the individual needs to be highly organised. Not being organised will have negative consequences in one or more of these areas.

Organisation is key not only leading up to races but during the race itself. It is required from the moment that you enter the race, through to setting up your transition area and racing optimally. Show me a disorganised triathlete and I will show you lost time.

Toughness. Things fall apart. An athlete may not have the race/training session/ weather conditions/ night's rest (you get the picture) that they planned for. We have all



been through this. Gale force winds and dodgy stomachs on race day, punctures during key bike sessions (insert your favourite war story here). What separates the men from the boys on these days is the decision to be tougher than the circumstances. The difference between a finisher's medal and a DNF lies in this trait.

It has occurred to me that in the years that I have had first contact with potential clients, I have unconsciously been scanning them for these traits. Most of the ones that I have gone on to coach have all of the above. Some don't, but have most of the above. There is one trait which I have left to last (as I believe it to be the most important trait) and consider it being the make or break trait. This being...

Courage. For a person to have any success in this magnificent sport, it is mandatory that they have the courage to face their weaknesses (and we all have them), to accept them and to grow from them. It is only in doing so that an athlete has any potential to thrive. With the absence of courage all potential to be a triathlete is lost. Courage will have you tri so much better!

Apps for the outdoors

Words By: Glaiza Segua-Godinez



Salomon CityTrail

Developer: Salomon

Compatibility: iPhone, iPad, and iPod touch; Android devices

File size: 35.7MB

Price: Free

The footwear brand is also a trail tracker! Salomon has launched a new app to help runners find the best city trails on your side of the world. There are helpful guides for Paris, Boston and Barcelona with routes and even hidden spots to discover. Of course there's also a Dubai option and routes across our sunny emirate will be available in February. The app takes note of your route, distance, run time, speed and pace to track your progress from beginner to expert. You also earn points for your runs, meaning the more active you are, the more app features you unlock. You're also encouraged to run with friends and sign up for the Community Runs.



UP

Developer: Jawbone

Compatibility: iPhone, iPad, and iPod touch; Android devices

File size: 86.7MB

Price: Free

First, you must have a Jawbone fitness tracker (UP, UP24 or UP Move) to use this app. I have the Jawbone UP wrist band powered by MotionX in Onyx (or nondescript black) for a few months now and I like how uncomplicated this device is. To monitor your activities, sleep patterns and diet, sync your tracker to your phone and download the data. This clever little companion app logs your step count, active time, idle moments, power naps, deep slumbers and even calorie counts your food. The app actually learns more about you through your activities over time and its Smart Coach system helps you achieve your goals – whether it's to lose weight or just remind you to drink more water. The cute infographic app layout is simple and insightful.





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FINAL THOUGHTS

Free SPIRIT

Words By: Tati Coco

Switch off your phone, park, pitch and put your sleeping bags into your tent. In the morning, fire up the propane stove and whip out the hot chocolate and oatmeal. Warm your fingers on your mug, breathe the cold air and just enjoy the moment.

Lake, sea or mountains – it doesn't matter because when you are camping you are a free spirit. Forget all about civilisation; watch the waves, observe the curves of the mountains and look at animal behaviours.

Switch off the stressful city life and breathe, again and again. You are now connected to the real life. Listen to the crickets' songs that will make you fall asleep and be ready to wake up with the sunrise, the tide, the grass and the sand. Watch the sun, the clouds; open all your senses and feel the elements. You are outdoor! You are alive!

People think that outdoor activities mean only adventures or extreme sports, but I think that more than a sport, it is a way of life. Outdoor activities and camping are leisure pursuits; they have no limits, no borders, just an infinite way to live life.

Tent, sleeping bag or summer under the stars – it is all about having only the necessary to survive. It is a way to dare yourself; a need for achievement, a test of stamina and endurance; and finally to seek adventure or excitement. It can be an environmental



meeting or you can end up by yourself. It is all about finding peace in nature and the real value of our lives.

There are many outdoor activities you can practice when you go out camping such as trekking, mountain biking, canyoning, geocaching, etc. I personally love all kinds of activities and when I go out I usually take my longboard, my Stand Up Paddle board and my walking sticks. In the morning I can walk with my backpack for four hours, come back to my base camp, eat, skate and then end the day with a two-hour surfing with the sunset. I don't mind about the order, I just love to be outdoor. I also love to do a full day hiking or more days in the mountains. I put some food, water, clothing and cooking stove in my bag, and if I go for a few days a bedding, tent and enough dry food in case I encounter any problems. I used to go without a GPS because the roads are well tracked and you'll be fine if you just to follow the signs, but during winter you can get easily lost so it is much safer with a GPS.

For me outdoor activities have been the answer to my curiosity about world. A quest for adventure and a test of personal limits. I did a lot of mountain biking in the south of Spain, paragliding in Europe and New Caledonia, trekking all around the world and also Stand Up Paddling in many lakes, seas and ocean. When I was young, I was always outside with my dad and my mum would get upset because she said that a woman has to be at home. I remember I used to quickly do "womenly tasks" to get outside as soon as possible. I grew up close to a massive woodland so I built shack in the trees and my favourite game was exploring. I knew by memory every piece of land of this forest. I used to be with wild animals like boars and deers. I was a little savage girl like in the movie Brave.

During winter, we have lots of snow and I loved sledding down the hills between the firs. Now that I am a woman, I understand why my mum was always so worried. I realise now that hanging out in a forest alone was

dangerous. But I never felt any danger then, I just remember how happy I was being part of nature with all those elements. I think it is something you have to find out for yourself so it will grow with you. I was never interested with videogames, toys and Barbies. I only wanted a hammer, tacks, glue, tape or whatever was useful for my adventures.

So why not try a change in your life? Go to a specialised adventure shop, read some nice magazines about outdoor activities and dare yourself to find the real sense of life.



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Nautilus Yachts, Sharjah, +971 65576818, www.nautilusyachts.com
The Boat House, Dubai, Al Quoz, +971 43405152, www.theboathouse.ae
UAE Boats 4 Sale, Dubai Marina, +971 44471501, www.uaeboats4sale.com
Western Marine, Marina Yacht Club, Dubai, +971 43039744

Equipment

Ali Khalifah Moh Al Fuqaei, Deira, Dubai, +971 42263220
Al Masaoood Marine, Sheikh Zayed Road, Dubai, +971 43468000, www.masaooodmarine.com
Blue Waters Marine, Shop 11, The Curve Bldg., Sheikh Zayed Road, Dubai, +971 43808616 / +971 553899995, info@bluewatersmarine.com, www.bluewatersmarine.com
Extreme Marine, Dubai, +971 43992995, www.extrememarine-me.com
Japan Marine General Trading, Al Garhoud Road, Liberty Building, Dubai, +971 559299111, +971 42828255, uday@japanmarine.jp, www.japanmarine.co
Rineh Emirates Trading LLC, Dubai, Al Quoz, +971 43391512, www.rinehemiratesme.com
Repairs and Maintenance
Extreme Marine, Dubai, Dubai Marina, +971 43992995, www.extrememarine-me.com
Rineh Emirates, Sheikh Sana Warehouse 1, Al Quoz, +971 43391512, info@rinehemiratesme.com, www.rinehemirates.com
SNS Marine, JAFZA Techno Park, Jebel Ali, Dubai, +971 501405058, info@snsmarine.ae, www.snsmarine.ae
The Boat House, Dubai, Al Quoz, +971 43405152, www.theboathouse.ae
Cruise Operators
Al Bateen Marina, Abu Dhabi, +971 26665491, www.marinaalbateenresort.com
Al Marsa Travel & Tourism, Dibba, Musandam, +968 26836550, +971 65441232
Bateaux Dubai, Dubai Creek opposite the British Embassy, +971 43994994
Bristol Middle East, Dubai Marina, +971 44309941, www.bristol-middleeast.com
Captain Tony's, Yas Marina, Yas Island, Abu Dhabi, +971 26507175, www.captaintonys.ae
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Emirates Yachting, Dubai, +971 42826683
El Mundo, Dubai, +971 505517406, www.elmundodubai.com
Four Star Travel and Tourism, Dubai, +971 42737779, www.fourstartravels.net
4 Yacht Arabia, Shop No. 5, Dubai Marina Yacht Club, 800 92248, www.4yachtarabia.ae
Fujairah Rotana Resort & Spa, Al Aqah Beach, Fujairah, +971 92449888, www.rotana.com
Ghantoot Marina & Resort, Abu Dhabi, +971 529933153, www.ghantootmarina.com
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Sheesa Beach, Dibba, Musandam, +971 503336046, www.sheesabeach.com
Smoke Dragon Of London Yacht, Abu Dhabi International Marine & Sports Club, +971 507011958 / +971 504546617
Summertime Marine Sports, Dubai, +971 42573084
The Club, Abu Dhabi, +971 26731111, www.the-club.com
The Yellow Boats LLC, Dubai Marina Walk – opposite Spinneys, Intercontinental Hotel Marina, +8008044, www.theyellowboats.com

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Abu Dhabi Marina, Abu Dhabi, Tourist Club Area, +971 26440300
Al Jeer Marina, RAK Border, Musandam, +971 72682333 / +971 504873185, www.aljeerport.ae
Al Mouj Marina, Muscat, Oman, +968 24534554, www.almojmarina.com
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Dubai International Marine Sports Club, Dubai Marina, +971 43995777, www.dimc.ae
Dubai Marina Yacht Club, Dubai, +971 43627900, www.dubaimarinayachtclub.com
Dubai Maritime City Harbour Marina, Dubai, +971 43455545
Dubai Offshore Sailing Club, Dubai, +971 43941669, www.dosc.ae
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Fujairah International Marine Club, Fujairah, +971 92221166, www.fimc.ae
Intercontinental Abu Dhabi Marina, Al Bateen, Intercontinental Hotel, Abu Dhabi, +971 26666888, www.intercontinental.com
Jebel Ali Golf Resort and Spa Marina, Jebel Ali, Dubai, +971 48145555/5029, www.jebelali-international.com
Lusail Marina, Lusail City, Qatar, +974 55843282, www.mourjan-lusailmarina.com
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Pavilion Marina, Dubai, Jumeirah Beach Hotel, +971 44068800
The Pearl-Qatar Marinas, Doha, Qatar, +974 4965801, www.ronauticame.com
Umm Al Quwaim Marine Sports Club, Umm Al Quwaim, +971 67666644, www.uagmarineclub.com
Dragon Boat Groups
Dubai Dawn Patrol Dragon Boating, Dubai, +971 508795645 (Michael), www.dubaidawnpatrol.org
Dubai Diggers, Jumeirah Beach Hotel, pier next to 360, Dubai, +971 501547175 (Nick Handol), www.dubai-diggers.com
UAE Dragon Boat Association, +971 507634008, www.dubaidragonboat.com

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Gulf Camping, Dubai, UAE, www.gulfcamping.com
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Arabia Outdoors, Dubai, +971 559556209,
www.arabiaoutdoors.com
Dorell Sports Management, Dubai World
Trade Centre, +971 43065061,
www.climbingdubai.com
E-Sports UAE, Dubai, +971 42824540,
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The Club, Abu Dhabi, +971 26731111,
www.the-club.com

Information

UAE Climbing, +971 506456491,
www.uaecimbing.com

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Equipment/Dealers

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+971 526221888, products@allbikers.net
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www.cyclesportsuae.com
Fun Ride Sports, 301, 3rd floor, Mushrif Mall,
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www.funridesports.com
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Peak Performance, Mall of the Emirates,

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Probike, Dubai, Al Barsha 1,
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Abu Dhabi, +971 26222525,
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Trek Bicycle Store, Seih Al Salam,
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www.trekbikes.ae
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www.abudhabitriclub.com
Cycle Safe Dubai, Dubai Autodrome
www.cyclechallenge.ae
Dubai Roadsters, www.dubairoadsters.com

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42894858, www.alboommarine.com
Al Hamur Marine and Sports Equipment,
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www.masaooodmarine.com
Al Yousuf Motors, Sheikh Zayed Road, Dubai,
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www.bluewatersmarine.com
Gulf Marine Sports, Abu Dhabi,
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info@scubadubai.com
Scuba 2000, Al Bidiya Beach, Fujairah, +971
92388477, www.scuba-2000.com

Diving Centres

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Al Mahara Dive Center, near Muroor St
across from main bus terminal,
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www.divemahara.com
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www.fishabudhabi.com
Coastal Technical Divers,
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Deep Blue Sea Diving, International City,
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www.diveindubai.com
Desert Islands, Sir Bani YAs Island,
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www.divemahara.com
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www.diversdown-uae.com
Emirates Divers Centre, Abu Dhabi,
near Meena Fish Market, +97126432444,
www.edc-ad.ae
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+968 26735555,
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www.freestyledivers.com
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& Spa - Al Aqah Beach,
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Club, Oman, +968 99317518,
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www.neptunedivingcentre.com
Nomad Ocean Adventures,
www.discovernomad.com,
+971 508853238, Dibba, Oman
Oman Dive Center, Muscat, Oman,
+968 24284240, www.omadivecenter.com
Pavilion Dive Centre (equipment), Dubai,
+971 44068828
Scuba Oman, Oman, +968 99558488,
www.scubaoman.com
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92388477, www.scuba-2000.com
Scuba UAE.com, +971 502053922,
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50784 0830, www.bsac406.com
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Sky & Sea Adventures, Dubai, Hilton,
Jumeirah Beach Road, +971 43999005,
www.watersportsdubai.com
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2394760-61, www.cruiseindubai.com
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Al Sahara Desert Resort Equestrian Centre, Dubai, +971 44274055, equestrian.centre@alsahra.com
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Emirates Equestrian Centre, Dubai, +971 505587656, www.emiratesequestriancentre.com
Ghantoot Polo & Racing Club, Exit 399, Abu Dhabi/ Dubai Highway, Abu Dhabi, +971 25629050, www.grpc.ae
Golden Stables Equestrian Club, Al Khawanej, Dubai, (Nour) +971 555528182, www.goldenstables.ae
HoofbeatZ, located just inside the Dubai Polo & Equestrian Club, Dubai,

+971 501810401, www.hoofbeatz.com
Mushrif Equestrian and Polo Club, Mushrif Park, Al Khawanej Road, Dubai, +971 42571256, www.mushrifec.com
Qudraland Community, info@qudraland.com, www.qudraland.com
Rahal Ranch, Al Wathba Racing Area, Abu Dhabi, +971 566127914, www.rahalranch.com
Riding for the Disabled, Dubai, lessons@rdad.ae, www.rdad.ae
Sharjah Equestrian & Racing Club, Sharjah, Al Dhaid Road, +971 65311188, www.serc.ae
Racecourses
Abu Dhabi Equestrian Club, Al Mushrif, Abu Dhabi, +971 24455500, www.adec-web.com
Ghantoot Racing & Polo Club, Exit 399, Abu Dhabi/ Dubai Highway, Abu Dhabi, +971 25629050, www.grpc.ae
Jebel Ali Racecourse, off the main Abu Dhabi - Dubai Highway (Sheikh Zayed road) beside the Emirates Golf Club, Dubai, +971 43474914
Meydan Grandstand and Racecourse, Al Meydan Road, Nad Al Sheba, Dubai, +971 43270000, www.meydan.ae
Sharjah Racecourse, Al Dhaid Road, Sharjah, +971 65311155, www.serc.ae

Jet Ski

Dealers
Al Masaoood Marine, Dubai, Sheikh Zayed Road, +971 43468000, www.masaooodmarine.com
Al Yousuf Motors, Dubai, Sheikh Zayed Rd, +971 43390621, www.aym.ae/yamaha
Japan Marine General Trading, Al Garhoud Road, Liberty Building, Dubai, +971 559299111 / +971 42828255, uday@japanmarine.jp, www.japanmarine.co
Liberty Kawasaki, Dubai, Interchange 4, Sheikh Zayed Road, +971 43419341, www.libertykawasaki.com

Motocross & ATV's

Dealers
Al Badayer Rental (Rental), Dubai-Hatta Road, +971 507842020, www.albadayerrental.com
Al Shaaali Moto, Ras Al Khor, +971 43200009, sales@alshaalimoto.com, www.alshaalimoto.com
Al Yousuf Motors, Dubai, Sheikh Zayed Rd, +971 43390621, www.aym.ae/yamaha
Golden Desert Motorcycles Rental (Rental), Dubai-Hatta Road, Dubai, +971 551532550, www.goldendesert-dubai.com
Just Gas It, Hatta Rd., Al Aweer, Dubai, UAE, +971 509192394, www.JustGasIt.net
KTM, Dubai, Sheikh Zayed Road, exit 42, +971 4323151, www.ktm.com
Liberty Kawasaki, Dubai, Interchange 4, Sheikh Zayed Road, +971 43419341, www.libertykawasaki.com
Polaris UAE (atv's), Ras Al Khor, Nad al Hamar Road, Al Ghandi Complex, Dubai, +971 42896100, M4, Sector 13, 10th Street, Mussafah Industrial, Abu Dhabi, +971 25555144, www.polarisuae.com
Sebsports, Al Quoz Industrial Area 1 Dubai, +971 43393399, www.sebsports.com

Wild X Adventure Shop, Dubai, +971 48321050, www.wildx.ae
Equipment
Desert Road Tourism, Al Khor Plaza - 503, Dubai, +971 42959429, www.arabiantours.com
Sandstorm Motorcycles (Rental), Al Quoz, Dubai, +971 43470270, www.sandstorm-motorcycles.com
Sebsports, Dubai, Al Quoz Industrial Area 3, +971 43393399, www.sebsports.com
2XWheeler, Motorcity Dubai, +971 44548388, www.2xwheeler.com
Wild X, Dubai, Um Al Ramoul Industrial Area, +971 42852200, www.wildx.ae
Workshops and Services
Moto-X and Quad, PO Box 476214, Dubai, UAE, +971 50 6169727, www.gasgasmotos.me

Motorcycling

Distributors and Dealers
Al Yousuf Motors, Dubai, Sheikh Zayed Rd, www.aym.ae/yamaha
Ducati, Mussafah 4, Street 10, Abu Dhabi, +971 25535771, info2@ducati.ae, www.ducati.ae
Duseja Motorcycles, Dubai, Al Quoz, +971 43476712, www.dusejamoto.com
Harley-Davidson, Mussafah 4, Street 10, Abu Dhabi, +971 25540667, hd.aeh@harley-davidson.ae, www.harley-davidson-abu-dhabi.com
Liberty Kawasaki, Dubai, Interchange4, Sheikh Zayed Road, +971 42822144, www.libertykawasaki.com
Polaris UAE, Al Ghandi Complex, Nad al Hamar Road, Ras Al Khor, +971 42896100, www.polarisuae.com
Tristar Motorcycles, +971 43330659, www.tristaruae.com
Workshops and Services
Al Forsan International Sports Resort, Abu Dhabi, +971 25568555, www.alforsan.com
Dubai Autodrome, Dubai, +971 43678700, www.dubaiautodrome.com
Emirates Motorplex, Umm Al Quwain, +971 67681717
2xWheeler Adventures, Dubai, +971 44548388, www.alainraceway.com
Yas Marina Circuit, Abu Dhabi, www.yasmarinacircuit.com

Off-Road

Dealers
Bling My Truck, +971 503634839 / +971 505548255, info@blingmytruck.com, www.blingmytruck.com
4x4 Motors LLC, Shk. Zayed Rd, Dubai, +971 43384866, www.4x4motors.com
Liberty Automobiles, Dubai, 800 5423789, www.libertyautos.com
Repairs and Services
AAA Service Centre, Al Quoz, Dubai, UAE, +971 4 285 8989, www.aaadubai.com
Icon Auto Garage, Dubai, +971 43382744, www.icon-auto.com
Mebur Auto, Al Quoz, Industrial Area 2, Dubai, UAE, +971 4 3469600, www.meburauto.com
Off Road Zone, Dubai, Al Quoz, +971 43392449, www.offroad-zone.com
Saluki Motorsport, Dubai, +971 43476939, www.salukimotorsport.com

Equipment
Advanced Expedition Vehicles, Dubai & Abu Dhabi, +971 43307152, www.aev.ae
Al Yousuf Motors, Sheikh Zayed Road, Dubai, +971 43390621, www.aym.ae/yamaha
Bling My Truck, +971 503634839 / +971 505548255, info@blingmytruck.com, www.blingmytruck.com
Heartland UAE, Al Mafraq Industrial, Abu Dhabi, +971 567231967, www.heartlanduae.com
Icon Auto Garage, Dubai, +971 43382744, www.icon-auto.com
Mebur Auto, Al Quoz, Industrial Area 2, Dubai, UAE, +971 4 3469600, www.meburauto.com
Wild X Adventure Shop, Dubai-Hatta Road, Dubai, +971 48321050, www.wildx.ae
Yellow Hat, Nad Al Hamar, and Times Square Center, Dubai, +971 42898060, www.yellowhat.ae
Tour Operators
Arabian Adventures, Dubai & Abu Dhabi, +971 43034888, www.arabian-adventures.com
Desert Road Tourism, Al Khor Plaza - 503, Dubai, +971 42959429, www.arabiantours.com
Oasis Palm Dubai, Dubai, +971 42628889,

www.opdubai.com
Clubs
Abu Dhabi Off-Road Club, www.ad4x4.com
ALMOST 4x4 Off-Road Club, +971 507665522, www.almost4x4.com
Dubai Offroaders, www.dubaioffroaders.com
JEEP Wrangler JK Fun Club, suffian.omar@yahoo.com, www.jk-funclub.com
ME 4X4, www.me4x4.com

Running

Clubs
ABRasAC, Dubai, www.abrasac.org
Abu Dhabi Tri Club, Abu Dhabi, www.abudhabitriclub.org
Abu Dhabi Striders, admin@abudhabistriders.com, www.abudhabistriders.com
Al Ain Road Runners, Abu Dhabi, +971 504188978, alainroadrunners@yahoo.co.uk
Mirdif Milers, Dubai, www.mirdifmilers.info
Dubai Creek Striders, www.dubaicreekstriders.org

Stand up Paddling, Kite & Surfing, Wakeboarding

Equipment
Al Boom Marine, Abu Dhabi & Dubai, +971 42894858, www.alboommarine.com
Al Masaoood Marine, Dubai, Sheikh Zayed Road, +971 43468000, www.masaooodmarine.com
Ikonic Brands, Suite 509 Düsseldorf Business Point Al Barsha Dubai, UAE +971 506874178, info@ikonicbrands.com
Kitesurf Dubai, Kitesurf Beach, Umm Suqeim and Jumeirah 3 +971 505586190, www.kitesurfdubai.ae
Pearl Water Crafts, Dubai Marina Yacht Club, +971 553749398, www.pearl-watercrafts.com
Picnico, Jumeirah Beach Road Opposite Sunset Mall, Dubai +971 43941653
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Surf Shop Arabia, Building 1, Al Manara Road (East), Interchange 3, Dubai, +971 43791998, www.surfshoparabia.com
UAE Kite Surfing, +971 505626383, www.ad-kitesurfing.net
Distributors
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Nautica1992, Dubai, +971 504262415, www.nautica1992.ae
Shamal Kite Surfing, Umm Suqeim Dubai, +971 507689226, astrid@shamalkitesurfing.com, www.shmalkitesurfing.com
Sky & Sea Adventures, Dubai, Hilton, Jumeirah Beach Road, +971 43999005, www.watersportsdubai.com
Surf School UAE, Umm Suqeim Beach and Building 1, Al Manara Road (East), Interchange 3, Dubai, +971 556010997, www.surfschooluae.com
Watercooled, Jebel Ali Golf Resort and Spa, Dubai, +971 48876771, www.watercooleddubai.com
Water Cooled, Watercooled Sports Services LLC, Hilton Beach Club, Abu Dhabi, UAE, +971 26395997, www.watercooleduae.com
Clubs
Abu Dhabi Stand Up Paddle, www.abudhabisup.com

UAE SUP www.uaesup.com

Water Parks

Aquaventure Atlantis, Dubai, Palm Jumeirah, +971 44260000, www.atlantisthepalm.ae
Dreamland Aqua Park, Umm Al Quwain, Emirates Road, +971 67681888, www.dreamlanduae.com
Wadi Adventure, Jebel Hafeet, Al Ain, +971 37818422, www.wadiadventure.ae
Wild Wadi Water Park, Dubai, +971 43484444, www.wildwadi.com

Other leisure activities

Abu Dhabi Golf Club, Abu Dhabi, +971 25588990, www.adgolfclub.com
Al Tamimi Stables, Sharjah, +971 67431122 \ +971 44370505, www.tamimistables.com
Blokart Sailing, Nad Al Sheba, Dubai, +971 556101841, www.blokartme.com
Children's City, Creek Park Gate No.1, Dubai, +971 43340808, www.childrencity.ae
Dolphin Bay Atlantis, Dubai, +971 44260000, www.atlantisthepalm.ae
Dubai Dolphinarium, Dubai, Creek Park Gate No. 1, +971 43369773, www.dubaidolphinarium.ae
iFly Dubai, Dubai, Mirdif City Centre, +971 42316292, www.iflyme.com

Sadiyaat Beach Club, Abu Dhabi, Saadiyat Island, +971 25578000, www.sbgolfclub.ae
Sharjah Golf and Shooting Club, Sharjah, +971 43999005, www.golfandshootingshj.com
SkiDubai, Dubai, Mall of The Emirates, +971 44094000, www.skidxb.com
Spacewalk Abu Dhabi, Abu Dhabi, +971 24463653, www.spacewalk.ae

Health, Safety & Training

Safety Lessons
Marine Concept Yacht Charter & Sea School, Rania Business Centre, Dubai, +971 559603030, www.marine-charter-concept.com
Safety & Leisure Training Middle East, Dusseldorf Business Point, Al Barsha 1, Dubai, +971 44502418, www.sltme.com
Sport and Health Centres
Bespoke Wellness, Dubai, +971 553724670, www.bespoke-wellness.com
Original Fitness Co., C6 Tower Al Bateen Bainunah St, Abu Dhabi, +971 2406 9404, www.originalfitnessco.com
Orthosports, 5B Street, Jumeira Beach road, Dubai, +971 4355060, www.orthosp.com
The Physio Center, Suite 405, Building 49, Dubai Healthcare City, Dubai, +971 44370570, www.physiocentre.ae

OMAN DIRECTORY

Adventure tours and desert safaris

Dolphin Qasab Tours, PO Box: 123, P.C. 811, Khasab City, Musandam, Oman, +968 26730813, www.dolphinkhasabtours.com
Go Dive Oman, Capital Area Yacht Club (CAYC), Sidab Muscat, +968 99289200, www.godiveoman.com
Nomad Tours, PO Box: 583, Postal Code 100, Muscat, Oman, +968 95495240, www.nomadtours.com
Oman Trekking Guides, PO Box: 917, NIZWA, Oman, +968 95741441, www.omantrekkingguides.com

Diving

Equipment
Al Marsa Musandam, PO Box: 44, Dibba, Sultanate of Oman, +968 26836550,

www.almarsamusandam.com
Al Sawadi Beach Resort, PO Box: 747, Barka - Al Sawadi, Oman, +968 26795545, www.alsawadibeach.info
Diving UAE & Oman, www.dive-uae-oman.com
Euro Divers CAYC Oman, Marina Bandar Al Rhowda, PO Box: 940, Muscat, Oman, +968 95035815, www.euro-divers.com
Extra Divers Musandam, PO Box: 498, PC 811 Khasab, Musandam, Oman, +968 99877957, www.musandam-diving.com
Global Scuba LLC, +968 24692346, www.global-scuba.com
Moon Light Dive Center, P.O. Box: 65, Madinat Qaboos, Muscat Oman, +968 99317700, www.moonlightdive.com
Oman Dive Center Resort, PO Box: 199, Madinat Sultan Qaboos, Oman, +968 24824240, www.omandivecenter.info
Omanta Scuba Diving Academy, Al Kharijya Street, Al Shati Area, Muscat, Oman, +968

97700564, www.omantascuba.com
Oxygen Diving and Adventures, PO Box: 1363 PC130 Alazaiba, Muscat, Oman, www.o2diveoman.com
Seaoman, PO Box: 2394, RUWI PC 112, Oman, +968 24181400, www.seaoman.com
Sub Aqua Dive Center, Hilton Salalah Resort, PO Box: 699, Salalah 211, Oman, +968 99894031, www.subaqua-divecenter.com

Stand Up Paddeling, Kite & Surfing, Wakeboarding

Equipment, Operators
Kiteboarding Oman, Sawadi Beach, PO Box: 133, PC 118, Muscat, Oman, +968 96323524, www.kiteboarding-oman.com
Oman's Kite Center, +968 94006007, www.kitesurfing-lessons.com

Camping & Hiking

Tour Operators
Safari Desert Camp, PO Box: 117, Postal Code 421, Badiyah, Ghabbi, Oman, +968 99310108, www.safaridesert.com

Fishing & Kayaking

Equipment
Az'Zaha Tours, +968 99013424, www.azzahatours.com
Water World Marine Oman, PO Box: 76, Muscat, 113, Sultanate of Oman, +968 24737438, www.waterworldoman.com

Boating & Sailing

Manufacturer
Saphire Marine, PO Box: 11, Post Code 118, Muscat, Oman, +968 99877243, www.sapphire-marine.com

QATAR DIRECTORY

Adventure tours and desert safaris

Al Mulla Travels, PO Box: 4147, Doha, Qatar, +974 44413488, almullatrivls@qatar.net.qa
Alpha Tours, PO Box: 13530, Doha, Qatar, +974 4837815, info@alphatoursqatar.com
Al QAYED Travel & Tours, Al Qayed Holding Bldg., D-Ring Road, PO Box: 158, Doha, Qatar, +974 44072244, www.alqayedtravel.com
Arabian Adventures, Al Asmakh Street, PO Box: 4476, Doha, Qatar, +974 44361461, www.arabianadventureqatar.net
Black Pearls Tourism Services, PO Box: 45677, Doha, Qatar
East Marine, West Bay, Doha, Qatar, +974 55200078
E2E Qatar Travel and Tours, PO Box: 23563, Doha, Qatar, +974 44502521, www.e2eqatar.com
Falcon Travels, PO Box: 22031, Doha, Qatar, +974 44354777, www.falcontravelqatar.com
Gulf Adventures, 29, Aspire Zone Street - Aspire Zone Al Rayyan City, PO Box: 18180 Qatar, +974 44221888, www.gulf-adventures.com
Net Tours Qatar, PO Box: 23080, Doha, Qatar, +974 4310902, www.nettours.com.qa
Regency Travel & Tours, Suhaim Bin Hamad Street, Doha, Qatar, +974 4434 4503/4718, www.regencyholidays.com
Qatar Adventure, Al Matar Street, PO Box: 13915, Doha, Qatar, +974 55694561, www.qataradventure.com
Qatar Desert Gate, Doha, PO Box: 18496 Ad Dawha, Qatar, +974 55594016, www.qatardesertgate.com
Qatar Inbound Tours, Commercial Street, Al Muaither, Al Rayyan, PO Box: 21153, +974 77451196, www.inboundtoursqatar.com
Qatar International Tours, PO Box: 55733 Doha, Qatar, +974 44551141, www.qittour.com

Qatar Ventures, Barwa Village Building No. 12, Shop No. 33, Doha, Qatar, +974 55776679, www.qatar-ventures.com

Clubs

Doha Sailing Club, Doha Sailing Club, PO Box: 4398 (9995), Doha, Qatar, +974 44439840, www.qmsf.com

General Sports

Equipment Megastores

Galaxy Sport, City Centre Mall, 3rd Floor, Qatar: +974 44822194; Villaggio Mall, Qatar: +974 44569143; Ezdan Mall, Qatar: +974 44922827, www.galaxysportqatar.com
GoSport, City Centre Mall, 3rd Floor, Qatar: +974 44631644; Villaggio Mall, Qatar: +974 44517574, www.facebook.com/gosport.qatar
Pearl Divers, PO Box: 2489, Doha, Qatar, +974 44449553, www.pearl-divers.org
Poseidon Dive Center, Ras Abu Abboud Street, Al Emadi Suites, Showroom #2, PO Box: 11538, Doha, Qatar, +974 66084040, www.pdcqatar.com
Qatar Scuba Center, 187 Al Mansoura Street, Al Mansoura Area, Doha, Qatar, +974 66662277, www.qatarscubacenter.com
Q Dive, Souq Al Najada cnr of Grand Hamad and Ali bin Abdulla Str.; Al-Odeid Aisle numbers 129-132, +974 55319507, www.qdive.net
World Marine Centre, PO Box: 6944, Doha, Qatar, +974 44360989, www.worldmarinecenter.webs.com

Boating & Sailing

Equipment
Regatta Sailing Academy, Al Isteglal Road, West Bay Lagoon, PO Box: 18104, Doha, Qatar, +974 55507846, www.regattasailingacademy.com
Distributors and Dealers
Speed Marine, Speed Marine, Museum Road, PO Box: 9145 Doha, Qatar, +974 44410109, www.speedmarinegroup.com

Horse Riding

Equestrian Clubs/Centres
Al Shaqab, PO Box: 90055, Doha, Qatar, +974 44546320, www.alshaqab.com
Qatar Racing & Equestrian Club, Racing and Equestrian Club, PO Box: 7559, Doha, Qatar, +974 44197664, www.qrec.gov.qa

Diving

Equipment
Al Fardan Marine Services, Najma Street (near Al Fardan Exchange), Doha, Qatar,

+974 44435626
Doha Sub Aqua Club, Doha Sub-Aqua Club, PO Box: 5048, Doha, Qatar, +974 66304061, www.dohasubaquaclub.com
Extreme Adventure, PO Box: 33002, Shop 3, 4 Ahmed Bin Ali Street (Bin Omran), Doha, Qatar, +974 44877884, www.extreme.qa
GoSport, City Centre Mall, 3rd Floor, Qatar: +974 44631644; Villaggio Mall, Qatar: +974 44517574, www.facebook.com/gosport.qatar
Pearl Divers, PO Box: 2489, Doha, Qatar, +974 44449553, www.pearl-divers.org
Poseidon Dive Center, Ras Abu Abboud Street, Al Emadi Suites, Showroom #2, PO Box: 11538, Doha, Qatar, +974 66084040, www.pdcqatar.com
Qatar Scuba Center, 187 Al Mansoura Street, Al Mansoura Area, Doha, Qatar, +974 66662277, www.qatarscubacenter.com
Q Dive, Souq Al Najada cnr of Grand Hamad and Ali bin Abdulla Str.; Al-Odeid Aisle numbers 129-132, +974 55319507, www.qdive.net
World Marine Centre, PO Box: 6944, Doha, Qatar, +974 44360989, www.worldmarinecenter.webs.com
Dive Centres
Al Fardan Marine Services, Najma Street (near Al Fardan Exchange), Doha, Qatar, +97444435626 **Pearl Divers**, Al Mirqab Al Jadeed Street, Doha, Qatar, +974 4444 9553, www.pearl-divers.org
Poseidon Dive Center, Ras Abu Abboud Street, Al Emadi Suites, Showroom #2, PO Box: 11538, Doha, Qatar, +974 66084040, www.pdcqatar.com
Qatar Divers, Marriott Hotel Marina Near Old Airport, Ras Abu Aboud Area, Doha, Qatar, +974 44313331, www.qatardivers.com
Qatar Marine, Go Sport City Center West Bay, PO Box: 16657, Doha, +974 553199507, www.qatarmarine.net
Qatar Scuba Centre, 187 Al Mansoura Street, Al Mansoura Area, Doha, Qatar, +974 66662277 / +974 44422234, www.qatarscubacenter.com

Qdive Marine Center, PO Box: 16657, Doha, Qatar, +974 44375065, www.qdive.net
World Marine Centre, Old Salata Street, near the Qatar National Museum, Doha, Qatar, +974 55508177

Fishing & Kayaking

Equipment
Al Mamzooze Marine Equipment, PO Box: 6449, Old Salata, Doha, Qatar, +974 44444238, almamzooze@qatar.net.qa
Fish World, PO Box: 1975, Doha, Qatar, +974 44340754

Motocross & ATV's

Dealers
Qatar Adventures, Barwa Village, Building # 9 Shop # 11, Doha, Qatar, +974 77700074

Fishing & Kayaking

Spearfishing Shops
Equipment
Al Kashat, Fishing and Hunting Equipment, Souq Waqif, next to the Falcon Souq, +974 66724828

Extreme Adventure, Shop 3,4 Ahmed Bin Ali Steet, Doha, +974 44877884, www.extreme.qa
State of Qatar (QatarSub), Souq Waqif, next to the Falcon Souq, +974 4431234, www.stateofqatar.com

Stand Up Paddeling, Kite & Surfing, Wakeboarding

Equipment, Operators
Fly-N-Ride, Al Muthaf Street, Doha, Qatar, +974 4498 2284, www.fly-n-ride.com
Flo Kite School, Westbay, Doha, +974 55041039, www.flokiteschool.com
Kitesurfing Qatar, +97430179108, www.kitesurfingqatar.com
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